A Second Helping

X. Marcel Boulestin

8/19/28

HOTEL MAJESTIC PHILADELPHIA.

Bessie Liveright was an aunt
of Horace Liveright, the publisher

A SECOND HELPING

A
SECOND HELPING
or
MORE DISHES FOR AMERICAN HOMES

By
X. MARCEL BOULESTIN

With a Frontispiece by
J. E. LABOUREUR

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To my friend,
A. H. ADAIR,
with my thanks for his assistance in
the recipes of some of the
"Imperial" Dishes.

PREFACE

This new collection of dishes is arranged on the plan followed in Simple French Cooking for English Homes. It contains, like its predecessor, a large number of really simple French dishes of daily usefulness, and a few more elaborate ones suitable for special occasions; also some old English country recipes [1] and several curious colonial ones. Most of these are reproduced by courtesy of *Vogue*, *The Manchester Guardian* and *The Daily Express*, and I hope that they will appeal, as apparently the first collection did, "to people who have a good cook, to those who only have a plain one and to those who have not got one at all." Should they fail to do so, I shall humbly, in the unforgettable words of Miss Ethel M. Dell,

> ". . . to my judges make this one protest—
> A poor performance, but—I did my best."

Most of the dishes in this book are meant for four or five people; so that if you want to make them for more or for less, you increase or decrease the quantities proportionately. But,

1 "A widow has cold pie—nurse gives you cake,
From gen'rous merchants ham or sturgeon take;
The farmer has brown bread as fresh as day
And butter fragrant as the dew of May,
Cornwall squab pie, and Devon white pot brings
And Lei'ster beans and bacon, food for kings!"
THE ART OF COOKING.

needless to say, such dishes as *Galantines*, cold *Bœuf en daube* are for about eight or ten people or for several meals (they will keep for two or three days). Smaller ones would not be so good.

The recipes for basic preparations, such as *Consommé*, *Roux*, *Béchamel Sauce*, *Maître d'hotel Sauce*, *Court Bouillon*, etc., are not given here as they have already appeared in "SIMPLE FRENCH COOKING FOR ENGLISH HOMES."

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Celui qui reçoit ses amis et ne donne aucun soin personnel au repas qui leur est préparé n'est pas digne d'avoir des amis.

—BRILLAT-SAVARIN

" . . . What hopes can there be of any Progress in Learning whilst our Gentlemen suffer their Sons at *Westminster, Eaton* and *Winchester* to eat nothing but *Salt* with their *Mutton*, and *Vinegar* with their *Roast Beef* upon Holidays? What Extensiveness can there be in their Souls? Especially when upon their going thence to the University, their Knowledge in *Culinary Matters* is seldom enlarg'd, and their Diet continues very much the same and as to Sauces they are in profound Ignorance."

EDMUND KING *Letters to Dr. Lister*

BY WAY OF HORS D'ŒUVRE

I HAVE already remarked in my previous book on the mellowing influence of food on civilised beings. We know it: It is conducive to success and, which is more important, to happiness. This must not be overlooked even by dancers who jazz between courses, and by men who eat only for the sake of feeding. It was the opinion even in the days when Markham was writing his "English Housewife." "To speak then of the Knowledges which belong to our British Housewife—I hold the principal to be a perfect skill in Cookery. She that is utterly ignorant therein may not by the Lawes of strict Justice challenge the freedom of Marriage—because, indeede, She can perform but half her vow. She may love and obey but she cannot cherish and keepe her Husband."

These are grave words, but not graver than the subject itself, I mean, not the British housewife, but cooking, considered so to speak, from the higher point of view. *Cuisine* should be taken seriously first of all by the cook (obviously, that is if she is worthy of the name), and also by both hostesses and guests.

Yet the income tax and the servant problem combine in making life complicated, and that is where the personal element comes in, tactfully, and changes what might have been an indifferent

dinner indifferently cooked, into a delicious one with just that touch of the "unexpected" which makes for success. Therefore, the modern hostess should have that principal knowledge, which Markham values so highly, even if not for the ultimate end which he appraises.

In fact, cooking—that is, real cooking, not just the plain roasting of beef and the boiling of potatoes and cabbage—is, as Meredith says in that curious manuscript written about 1850, "an occupation neither unbecoming or unworthy. . . We hope our fair readers will forgive us for telling them. Economy in a Wife is the most certain Charm to insure the affection and Industry of a husband. A small portion of the time which young Ladies sacrifice to torturing the strings of their *pianoforte* employed in obtaining Domestic Accomplishments, might not make them worse wives, or less agreeable companions to their Husbands." Although these Victorian virtues are perhaps a little less admired, the fact remains that many women do not really know much about "the conduct of the kitchen" and are entirely left to the merciless talent of their cook.

It is not so, of course, in France, and it was not so centuries ago in England. We have the proof of this in many books, especially in the admirable "Closet" of Sir Kenelme Digbie. "My Lady Lasson," says he, "makes her finest minced Pyes of Neats tongues; but she holdeth the most savoury ones to be of Veal and Mutton equal parts very small minced. Her finest crust is made by sprinkling the flour with cold water and then working the paste with little pieces of raw butter in good quantity. So that she useth

neither hot water nor melted butter in them. And this makes the crust short and light. After all the meat is seasoned and Plums and Citron peel, etc., is in the Coffin, she puts a little Ambered-sugar upon it. Then cover it with the Liddle and set it in the oven."

It will be seen by this example that the *maîtresses de maison* of these gone-by days knew not only how to order, but also how to make dishes. They could deal with "a Lusty Servant" and watch him, "his arms well washed, mix the honey and water together, labouring it with his hands at least an hour without intermission;" they knew the virtues of herbs and roots, and if a dish was right, and why another was wrong. We cannot expect so much nowadays: life is not leisurely enough and the modern woman has other ambitions, but we can reasonably expect from her a little knowledge and some interest in domestic economy (or extravagance).

. . .

How charming and instructive the lesser books of the 1830 period are! They are not overpowering like the works of the Giants; they do not order, but they insinuate and enlighten, and as Max Beerbohm said (about Grego's drawings of the Brummel era), they have, indeed, the sentiment of style, and they reveal, with surer delicacy than does any other record, the spirit of the day. I was specially thinking, in writing this, of two little volumes, one cloth bound, by an English Police Magistrate, the other "in the original calf" as the bookseller's catalogue says, by a Frenchwoman.

Needless to say, Mme. Aglaé Adamson shows, at their best, the domestic virtues of the French, together with that almost uncanny common sense and that instinct of thrift so typical of the French bourgeoisie. Who else would, when giving an elaborate recipe for a *pot-au-feu* add "*on ne doit point jeter l'écume derrière le feu, mais la mettre à part pour la soupe aux chiens*!" But hers is not only a cookery book. She deals with all the aspects of life in an ideal and practical country house. And there we have in profusion the valuable documents; for if her advice about breeding rabbits is not particularly thrilling, her minute descriptions of the living rooms are remarkable. What an amusing reconstruction one could make of her dining-room, with its curtains of "*gros calicot avec une bordure d'indienne de couleur de trois ou quatre pouces de large.*" Yet it is about clothes that she excels, that she reaches the heights; there we have documents which show not only the fashion but the manners and the feelings of the period.

Je voudrais d'abord vous persuader de renoncer à ces longs corsets, qui, en vous faisant tenir comme une poupée empalée, vous privent de la souplesse qui est la grâce. La vie à laquelle vous allez vous destiner, exigera beaucoup d'activité; il faudra vous baisser pour cueillir des légumes, des fleurs, arracher une herbe qui étouffe une plante chérie, lever les bras très haut pour atteindre un fruit. . . . Et comment faire tout cela sans être toujours à la torture, si vous êtes emmaillotée dans votre corset?"

The modern woman, no doubt will smile when she sees what "*beaucoup d'activité*" meant for the woman of 1830, according to dear Aglaé; but

Aglaé had other qualities, she was alarmingly useful about the house and she knew everything about "*l'éducation des canetons*" and the proper treatment of servants. Perhaps her country house had the dulness of perfection. . . .

In Thomas Walker's considerations on "The Art of Dining" we find, in a more literary form, the same common sense, also more thought and subtlety; from the documentary point of view, his work is equally valuable. "At table, intercourse is prevented as much as possible by a huge centre-piece of plate and flowers, which cuts off about one-half the company from the other, and some very awkward mistakes have taken place in consequence, from guests having made personal observations upon those who were actually opposite to them. It seems strange that people should be invited to be hidden from one another. . . . When the company is arranged, then comes the perpetual motion of the attendants, the perpetual declining of what you do not want, and the perpetual waiting for what you do, or a silent resignation to your fate. To desire a potato and to see the dish handed to your next neighbour, and taking its course in a direction from you, round an immense table, with occasional retrograde movements and digressions, is one of the unsatisfactory occurrences which frequently take place. . . . With respect to wine, it is often offered when not wanted, and, when wanted, is perhaps not to be had till long waited for. It is dreary to observe two guests, glass in hand, waiting the butler's leisure to be able to take wine together, and then perchance being helped in despair to what they did not ask for; and it

is still more dreary to be one of the two yourself. How different when you can put your hand on a decanter at the moment you want it!"

I wish I had been present at the little dinner given by this charming gentleman to a friend of his in the Temple and also at that other meal at Lovegrove's "where if you never dined, so much the worse for you." What a lesson in manners, what marvellous examples of English fare and habits, what choice of drinks, and, in spite of the rather large measure, what style about the whole thing!

"The dinner is to consist of turtle, followed by no other fish than whitebait, which is to be followed by no other meat but grouse, which are to be succeeded simply by apple fritters and jelly, pastry on such occasions being quite out of place. With the turtle, of course, there will be punch, with the whitebait champagne, and with the grouse, claret. I shall permit no other wines, unless perchance a bottle or two of port, as I hold variety of wines a great mistake. . . ." Which is all very noble and sound.

. .

We are no great eaters, any of us, and our dinners are short performances compared with those of the past centuries. The French peasant lives on very little, except on special occasions —weddings or harvest festivals—when he lets himself go, and "dines" from three o'clock till twilight, and drinks a corresponding quantity of wine. English servants, of course, consume an alarming quantity of "joints" and boiled vegetables; but then, they will not touch any-

thing else, either salad or those made-up dishes much appreciated upstairs; and if the average Englishman generally consumes a "hearty" breakfast, on the other hand it will not infrequently be found that for luncheon he eats next to nothing.

The size of the dishes in "Gothic Cooking" was appalling and their number awe-inspiring, while the description of feasts in memoirs of the seventeenth century fills the modern man with a great deal of admiration and no little disgust; but then, these were the days when the splendour of the Versailles galleries was only equalled by the filth of the staircases. Yet even more recently, in fact in the beginning of the nineteenth century, "big" dinners were the fashion and the rule. In a book published in Paris as late as 1806, *L'Art de Faire la Cuisine pour Toutes les Fortunes*, the author, who signs himself "*Homme de Bouche*," gives several specimens of menus; the smallest, which is for twenty people, is fairly simple for the standards of the times, and I must say that the author ever so kindly admits that "*il ne sera pas de rigueur de servir positivement tout ce qui y est indiqué.*" The menu only contains:—

DEUX POTAGES

Au Naturel
Au riz, purée de racines

DEUX RELEVÉS

Pièce de Boeuf garnie
Brochet à l'indienne

DIX ENTRÉES

Riz de Veau sautés
Filets de volaille à la St. Garat
Sauté de filets de Perdreaux rouges
Quenelles au consommé
Petites bouches
Cotelettes de Veau piqueés, glacées, sauce aux tomates
Sauté de Cotelettes d'Agneau
Poulets à la chevalier
Sauté de filets de Merlans
Carpe farcie, sauce italienne

DEUX PLATS DE RÔTI

Une poularde du Mans
Cinq becassines

DEUX FLANS

Un gros Biscuit
Un Buisson de petits gâteaux

HUIT ENTREMETS

Gelée d'Orange
Gelée de Marasquin
Génoise
Pets de Nonnes
Chicorée a la crème
Cardons à l'espagnole
Chouxfleurs sauce brune
Oignons glacés

VINGT-QUATRE ASSIETTES DE DESSERT

The recipes for these dishes are made up in the same lavish manner. For the *potage au naturel* you take eight or ten pounds of beef,

eight fowls, four pounds of veal, and so on. Yet this was written at a time when cooking had grown less gross and more inspired, and when Brillat-Savarin, back from America, had published his subtle *Physiologie du Goût;* from which we must deduct that if we eat ever so much less it is not because we have better manners or have become less self-indulging, but simply because we are "through" more quickly, a disquieting confession of weakness suggestive of decadence.[1]

Of course, many people in the present day have a considerable capacity for eating, but in spite of isolated cases, modern appetites are much feebler than at the time when these menus were written.

. . .

It is generally admitted that French people know what to eat, also that they sometimes do not eat quite as they should do, according to the English rules of "polite eating." Yet what is considered in England as bad table manners has often been carefully taught to the French child as perfectly good ones. The proof of this can be found in those strange books that have always been published in France, books about *etiquette* and *politesse* and *savoir-vivre*, and they make one wonder what kind of people are the keen readers of these manuals; probably they correspond to the class of "genteel" people (in the sense which is now ascribed to that unfortunate and de-

1. "*Pour manger ume dinde truffée*"—says the abbé Morelet "*il convient d'être deux, je n'en use jamais autrement, ainsi j'en ai une aujourd hui. Nous serons deux, la dinde et moi.*"

preciated adjective) who, in England, hold a cup or a spoon with the fifth finger elegantly poised in the air.

A certain manual for the use of the young contains in the chapter on table manners all sorts of rich and curious precepts:—

On ne doit pas toujours tenir le couteau à la main.

Le sel se prend avec la pointe du couteau qu'il faut avoir soin d'essuyer en le passant dans votre pain.

Si votre soupe est trop chaude gardez vous bien de souffler pour la refroidir.

Rien n'est plus incivil que de prendre quelque chose au plat avec la fourchette dont on se sert pour manger; de lécher ses doigts, son couteau ou sa cuiller. . . .

The author of the *Apician Morsels* also has something interesting to say on French manners and customs: he seems to think that even in those days (1829) they were very different from those of English people, and he devotes seven chapters to invitations, meals and "rules to be observed between the Inviter and Invitee."

"At Paris they have several ways of determining this affair (time of dinner) which is good to know, in order to arrive neither too soon nor too late. . . . Suppose then, the dinner to be named for five o'clock precisely, you must be at the spot by half-past five, where either the host himself, or some of his family, will do the honours of the waiting-room, which should be a well warmed saloon or chamber, according to circumstances, in which the morning and evening papers ought to be present.

"Half an hour after the appointed time, by the note of invitation, the master of the house arrives,

a napkin under his arm, to announce that dinner is up." (Master of the house is no doubt a mistranslation of the word *maître d'hôtel* or majordome). "From time to time, he who is nearest the door moves on in silence in order to pass into the dining-room; the others pass in succession, without stopping; the host closes the march, to accelerate those who are to follow. . . .

"Two or three hours after dinner, the guests, silently and furtively, escape one by one. It would be as impolite to take your leave in a formal manner as not, in the course of eight days afterwards, at least, to pay what is called a visit of digestion."

And they were strict in those days, in England as much as in France, and our eleventh-hour notices would have shocked our author very much. He is very stern on the subject: "The person who invites is as strictly bound as the invited; and under no pretext can he decline the invitation—cases of sudden indisposition, or imprisonment, being alone admissible under similar circumstances."

. .

The English habit of not talking about food strikes the foreigner, however long he may have stayed in England, as a very queer one—indeed, as a quite unnatural custom. It seems somehow so aloof and so ungrateful—that is, needless to say, if the dinner has been good (in other cases, on the whole, silence is better than any exhibition of peevishness or pained surprise).

But think of a pleasant and successful dinner party of, say, twelve people; try to visualise the

preparations: the hostess carefully supervising the menu: the cook up at dawn (at least, I like to think so) all eagerness and ingenuity, the kitchen-maid trying to peel the vegetables even better than she usually does; the husband bringing up the wine after breakfast so that it should be *chambré* to perfection; five women in their own houses wondering what to wear and if the meal will be up to the mark; five men thinking dreamily about that vintage port or that '65 brandy they have a remembrance of being offered. Then, the last few moments before the curtain (or rather the kitchen lift) goes up: anxiety, peace, despair, hope, felt in turn with equal intensity, bring the cook to the verge of a nervous breakdown; of course if "they" are late the fillets of sole will be "burnt to a cinder, dear, and the cream sauce curdled . . . " a strong cup of tea specially brewed by the faithful kitchenmaid brings her round. . . . And the meal, *on a fait des folies*, even *primeurs* sent by aeroplane from Paris. Then, not one word, not one about the whole affair. Dish after dish is carelessly eaten as if the performance was rather a bore, the *mot d'ordre* being: not to pay any attention to anything so gross as food.

In fact, twelve people "upstairs" and at least four "downstairs" have been thinking of nothing else for some time and have, no doubt, immensely enjoyed the evening, yet they remain strangely and inhumanly silent. No one made a remark, even condescendingly, about that specially delicious sauce, and even the Cheval Blanc 1911 was offered without any introduction. (No doubt it was drunk in beautiful old cut glass goblets,

filled to the brim and entirely wrong for the wine). At least in France, you know what you are drinking and eating. It is true that the epicure who said that when you were eating a fine dish "*il faut en parler, avant, pendant, après*" was perhaps slightly overdoing it. But one should talk about food and wine; they taste better if you do; and there is no doubt that good food likes to be praised.

. . .

The stars in the hair of the Blessed Damozel were seven, but the Arts in France are now nine: Peinture, Sculpture, Architecture, Gravure, Literature, Musique and Danse, Cinégraphie, Mode—and Cuisine. Cooking in fact is now treated with renewed respect and has become a topic of conversation as thrilling as the rate of exchange; and, like the rate of exchange, this is one of the results of the war.

The Frenchman, of course, was always keen on good food and pardonably proud of a cooking which had, at all times, an international reputation. There were always marvellous meals to be had either in the most famous Paris restaurant or in the smallest village inn. In those days no propaganda was wanted, no help needed, no warning necessary. But the immediate results of the war were two-fold; a great number of chefs and cuisiniers were killed and a great number of foreigners began travelling in France, some of them being people who, before the war, would not have been able to do so. The hotel keepers and restaurant owners had to face the problem and to cope with this increase of visitors, while at the same time they were suffering from

a shortage of staff. So, many young men who were not sufficiently trained were engaged and promoted to the high rank of chefs, and French cooking began deteriorating on a large scale. It did not matter very much to the new travellers, because they themselves were not sufficiently trained in the appreciation of good food ; so that they unknowingly helped to bring about the decadence of cuisine in France. In many places, especially those patronised by tourists, indifferent and sometimes frankly bad cooking became alarmingly and increasingly the rule. It was not yet purposely done, but it was a dangerous step towards the fatal "good enough" policy. Something had to be done.

It must be remembered that good cooking is to the Frenchman a serious question, not to be treated with levity. Indeed, everybody in France now realises as the *gourmets* of the old days did, that cooking and wines are things a country can be rightly proud of, not only for what they are, but for what they stand for, I mean, the finer civilisation.

Listen to Laurent Tailhade about these pleasures of the table which are at the same time "*le premier besoin de la nature et le plus bel ornement des civilisations.*"

"*Le praticien en veste blanche, qui marmitonne les ragoûts, enterine les sauces et conquiert sur Hephaistos la gloire des rôtis, quand il ajoute du poivre ou modère les épices, fomente, du même coup, belle humeur et sociabilité.*

"*C'est un grand poète, expert à créer des émotions, grâce au langage péremptoire des papilles gustatives.*

"*Il combine des saveurs, suscite des aromes. Il*

dégage le potentiel des truffes, les arcanes du gibier, comme d'autres élaborent une sonate ou un sonnet. La cuisine pacificatrice élève l'esprit, adoucit les moeurs. Elle fait jaillir l'éloquence des lèvres qu'elle a touchées."

I am told that many English people eat without even noticing what they are eating; incredible as it may seem, it probably is true: even such a thing is possible in a country where one is not supposed to talk about food. Not so in France; and now, thanks to the combined efforts of several important writers, well-known artists and gourmets, and to the useful work done by dinner clubs and Comités Régionalistes, the real French cooking is not only regaining its old quality, but is also officially recognised: it is now protected, like "the rural beauties of England," freed from any international influence, so that it remains in its traditional purity what it was for centuries. The campaign goes on, hotel keepers are "told off," articles and books appear on the subject, politicians allude to it in their speeches, poets write verses in its honour; finally the last two Salons d'Automne included amongst their shows a culinary section, in which each province worthy of being admitted on the glorious list showed the visitors its own good meal according to its own traditions.

It is a great deal, but the important point is that *l'Art de la Cuisine* is given at last the official recognition which the minor arts, like music and literature, have enjoyed for some little time. The late famous chef (whose name I cannot recollect), who talked of sculpture as "*une des branches de la Pâtisserie*," would feel intensely gratified.

Indeed, even the damage done by motoring (hurried bad meals), is being repaired by motoring (hurrying to good meals), for men have been known to tour the provinces in search of inns famous or unknown, but perfect; the Province triumphs over Paris, the "local dish" is exalted, and the Ninth Art stands on a high pedestal, crowned with, instead of laurel, bay leaves, thyme, cloves, and a little parsley—against a pathetic background of earthenware pots, copper saucepans, fruit and vegetables, designed by Dufy, Laboureur or Galanis.

I can faintly see the statue of the old household god once more honoured. He is not awe-inspiring, and his is not an image carved in marble, for his face has never been seen. It is made of rough earth, of smoke, of fragrances—the ones he likes, which do not belong to the altar, but to the kitchen garden. He appears and disappears, he smiles, he dispenses happiness.

SOUPS

This chapter contains many pleasant soups, simple, succulent and economical, mostly made of vegetables and, so to speak, for every day wear; also, some more elaborate ones suitable for dinner parties. They are all, at least, worth trying, for as the Mock-Turtle used to sing:

"Who would not give all else for two p
'Ennyworth only of beautiful soup?"

SOUPE AU POISSON.

Fish Soup.

Most people usually associate the fish soup either with Marseilles or with America; indeed, both the "bouillabaisse" and the "chowder" are well known and remarkably good when well prepared. But I came across some quite good fish soup at Boulogne last autumn during the famous "fish week," and I tasted a very pleasant one once in a small village near Dinard. Needless to say, these dishes never appear on the menu of even the smallest hotel, probably because the *patron* thinks, rightly or wrongly, that they are not civilised enough for visitors; as a matter of fact, the food the *patron* and his wife have on a corner of the kitchen table is often better than the more elaborate dishes which are sent to the *table d'hôte*.

The fish soup, which is very popular with Breton fishermen, is simple to make and very pleasant. It is very different from the Provençal dish of the same type, as no oil is used for the cooking and it does not contain crab, saffron, tomato or any of the ingredients which give the "*bouillabaisse*" its special flavour. You simply chop very fine and brown well in a good piece of the best butter what the Bretons call "*des herbes*," that is, spring onions and sorrel (about a handful), one carrot, one potato, a little parsley, chives and (unexpectedly) mint; add salt and pepper, boiling water, bring to the boil, put in some fish (it does not matter very much which as long as it is not a flat fish) and cook about twenty minutes. They eat it with bread and boiled potatoes, and as the man said all too modestly, "*Çà aide à faire passer le pain.*"

For a more civilised table, it will of course be better to pass it through a sieve, and remove the skin and bones of the fish before serving, but "*les herbes*" should be served with the pieces of fish.

CONSOMMÉ AUX HUITRES.

Oyster Soup.

Take a good-sized piece of beef, some bones with a marrow bone as well, and put them in a saucepan with salted water. Bring to the boil and skim carefully, after which add the following vegetables: three carrots, two onions, one leek, one turnip, and some parsley. The consommé should then simmer for five or six hours. Then skim it again very thoroughly and pass it through a fine sieve.

Poach the oysters for a few minutes in white wine, place them in the soup tureen and pour the consommé over them.

POTAGE À LA BISQUE

Put in a saucepan one onion, one carrot cut in slices, a little parsley and thyme (all previously browned in butter), two pints of water, a glass of white wine, a tablespoonful of wine vinegar, a little brandy, and seasoning. Throw in your *écrevisses*, about one dozen for five people (or small crabs if crayfish is not available, or a smallish lobster). Remove them when cooked, take all the eatable parts and pound them well. Meanwhile, cook a handful of rice in the stock; when cooked pound it and add it to the flesh of the shell-fish. Pass this mixture through a fine sieve and add it to the stock which must be also carefully strained. Cook slowly for half an hour, add a little more white wine, a small piece of butter and cook, stirring occasionally till reduced to the required quantity. Just before serving "bind" it with cream and the yolks of two eggs. See that it is highly seasoned, and do not keep it waiting. It should have the consistency of fresh cream.

POTAGE PRINTANIER

This soup, as its name implies, is at its best in the spring. Get some carrots and turnips which have, then, all the charm of youth; wash them well and scrape them lightly, their skin is very thin and will come off easily. Also get a white

cabbage, remove the outside leaves and use the heart only ; cut it in four quarters and the other vegetables in thin narrow slices ; add the white part only of two leeks, and cook all this very slowly in butter in a saucepan, keeping the lid on all the time. When tender, add some good *consommé*, the heart of a lettuce cut in four, a handful of fresh peas and a little chopped chervil. You should add *consommé* in sufficient quantity so that there is enough for your purpose when it has been reduced by one-third, as it should do, on a slow fire. See if it is properly seasoned and, just before serving, add in the yolk of one egg well beaten and mix it well with this pleasant mixture of spring vegetables.

POTAGE PAYSANNE.

This soup is simply a more civilised version of a peasant soup from the South of France, where, needless to say, they do not bother to pass the vegetable through a sieve as prescribed here ; nor do they use cream for "binding" it, but only the yolk of an egg.

Take two potatoes, two leeks, two onions, two carrots, two tomatoes, one turnip. Cut them in slices and fry them a few minutes in a tablespoonful of olive oil (or a little butter if you prefer). Then add one clove, a little parsley, salt, and coarsely broken pepper, and, little by little, hot water in sufficient quantity. It should cook about one hour, by which time it has reduced to the amount required. Then pass the vegetables through a sieve and add them to the soup, together with a tablespoonful of cream.

Mix well and cook a little longer. Just before serving add the yolk of an egg, stirring well. You can vary the taste of this soup by having more or less carrots, or adding celery or grated cheese.

POTAGE AUX CAROTTES

Carrot Soup

Take one pound of small carrots, scrape and wash them well and put them into a saucepan with two pints and a half of cold water, salt, pepper, one or two onions, and a few bay leaves. If you have a ham bone to put in, it will give a good flavour to the soup. Bring the soup to the boil and let it simmer for three or four hours. Then remove the carrots and pass them through a sieve into a clean saucepan. Pour the soup over them through a strainer, add a cup of consommé or meat stock, cook a few minutes more, and just before serving "bind" the soup with the beaten yolk of an egg.

PUREÉ DE CIBOURE

Bean Soup

This soup, which is of the "rustic" kind, is much appreciated by the inhabitants of the Basque country; it is seldom made in the other parts of France. Soak some haricot beans for twelve hours (if they are dry ones) and put them in salted water with equal quantity of potatoes. Chop together finely two shallots, two heads of garlic, olives and two leeks. Bring to the boil

and cook for at least three hours on a moderate fire. Pass through a sieve, add a little beefstock, a good deal of freshly ground pepper, and just before serving, if you like, the yolk of one egg. This soup should be neither too thick nor too clear. It has a pleasant taste.

POTAGE À LA PURÉE DE MARRONS

Chestnut Soup

This is an old provincial recipe for chestnut soup; it is rather out of the ordinary and a pleasant change from the better-known kind of soups. Take a pound of chestnuts (for five or six people), remove the outer skin and boil them in a narrow and deep saucepan in salted water till the water begins to boil, after which you can easily remove the thin skin; then put at the bottom of a saucepan a clove, a bay leaf, a few small pieces of bacon, one large potato and a carrot cut in slices, salt and pepper; over this the chestnuts and water, and cook them till they are soft. Drain them and pound them well, add a sufficient quantity of good stock, breadcrumbs (one slice of stale bread will do), the potato which has boiled with the chestnuts, and pass the whole thing through a sieve, so that it is as smooth as cream. Bring it to the boil and let it simmer a little while. Just before serving you can, if you like, "bind" it with either cream or the yolk of an egg. It should be served with *croûtons* crisply fried in butter, and the consistency should be that of an ordinary thick soup. The old recipe goes on giving a variation

on the same theme, in which vegetable stock is used instead of meat stock—for Fridays and other *jours maigres.*

TAPIOCA AUX TOMATES

Cut four or five tomatoes into slices and fry them in butter, with a chopped onion, for about fifteen minutes. Add salt and pepper and pass them through a sieve into a large saucepan. Add one quart of boiling water and let the soup simmer. About ten minutes before serving bring to the boil again and throw in two tablespoonsfuls of tapioca, stirring often so that the tapioca does not stick together, the fine granulated French kind being the best.

POTAGE AUX HERBES MAIGRES

Take a handful of sorrel, remove the stalks, and cut it very thin. Do the same to two lettuces and to a handful of chervil, and cook all these in butter till thoroughly soft and almost "melted"; then add hot water, salt and pepper, bring to the boil, and let it simmer for half an hour or so. Just before serving "bind" it by adding the yolks of two eggs, stirring them in quickly. If both sorrel and chervil are unobtainable, which sometimes happens in London, use instead spinach and parsley treated in the same fashion, but it should be remembered that spinach takes a little longer to cook than sorrel.

TOURIN BORDELAIS

Take two or three large onions, peel and wash them, and cut them into thin slices. Put into a

saucepan a tablespoonful of pork fat and melt it on a slow fire, add the onions, and cook them very gently until they are evenly cooked. Pour in about three pints of cold water, add salt and pepper, and boil for ten minutes. Then put the yolks of three eggs in a large cup with good stock, and mix well. Add this to the soup, stir it well, and serve before the soup has time to boil again, otherwise it would curdle.

CRÈME DE RIZ

Cook about two tablespoonsfuls of ground rice, just the quantity of milk necessary for the purpose, add a piece of butter the size of a large egg and cook it a few minutes. Add then about two pints of *consommé* (prepared in the classical way with beef, veal bones and the usual vegetables), and cook the whole thing for about three-quarters of an hour. Also cook in another saucepan a handful of vermicelli broken into very small pieces (it is better to cook it in *consommé* instead of water) and throw it in the soup at the last minute with a *liaison* of cream and yolks of eggs. This soup should be rather highly seasoned.

POTAGE DE GROUSE.

Put in a saucepan carrots and onions sliced, parsley and two old partridges, from which you have removed the wings, also a few bones and bacon rind; cook this for a few minutes on a moderate fire, then add water in sufficient quantity to allow for reduction, and a glass of white wine. Bring to the boil, skim well, add

the white of the partridges cut in small pieces, seasoning, and let it simmer for a couple of hours. Pass through a fine sieve and use this game stock for the grouse soup, which should be done in the following manner.

Put the stock in a saucepan, add about one ounce of arrowroot previously mixed with a glass of sherry and a small quantity of same stock and bring to the boil. Take a grouse, remove the white flesh, roast it, put it in the stock and cook slowly for one hour or so. See that it is properly seasoned, pass through a sieve and pour the soup over the white flesh of the grouse, which meanwhile has been cooked in butter and cut in thin slices.

POTAGE ECOSSAIS.

This soup is almost a stew. I had it once in France at the house of some friends who had treasured the recipe since about 1848. Strangely enough, it was mentioned to me, later, by a friend who said he used to have it at his people's in the North of Ireland; they are of Scottish origin, like this soup, and like many other things in the North of Ireland. The coincidence is interesting, the soup quite delicious and easy to prepare.

You take some good stock prepared in the classical way and cook in it one (or two if there are many people) young chicken; meanwhile you cook about a dozen leeks (they should be young and tender and white), you drain them well, then cut them in half, put them in a soup tureen with the members and breast of the chicken, nicely trimmed; pour the soup over them and serve very hot.

CREME DE POIS VERTS.

Pea Soup.

Put in a saucepan, about a quarter full of water, the bones and carcase of a chicken together with two slices of very lean bacon, one onion, and a little mint. Add salt, bring to the boil, and keep simmering for about two hours and a half. Allow this to cool, and carefully remove the fat. In another saucepan boil one pound of fresh peas. When these are cooked pass them through a sieve. Stir in about half a pint of milk, mixing the peas and milk well; add to it the yolk of one egg, well beaten.

Pass through a strainer the stock first prepared, put it into a clean saucepan, and bring nearly to the boil; then very slowly stir in the milk and peas mixing and bring to the boiling point once. Just before serving add a good tablespoonful of cream.

POTAGE SANTÉ.

Take a good piece of brisket of beef, place it in a large saucepan with sufficient cold water and bring to the boil. Skim well and add one large onion with one or two cloves stuck in it, salt and pepper, and one pound of carrots. Bring to the boil and keep boiling gently for about four hours and a half. Then carefully skim off as much of the fat as possible and remove the carrots. Pour the soup through a fine strainer, and return to the saucepan, adding the carrots, which should have been well mashed with a fork. Just before serving the soup "bind" it with the well-beaten yolk of an egg.

POTAGE AUX CONCOMBRES. I.

Cucumber Soup.

Take a medium-sized cucumber, cut off the skin, leaving just a few shreds of it uncut. Then cut the vegetable into slices. Fry these in butter until brown, after which remove them. Then fry two sliced onions in the same way.

Put these vegetables with the fat in which they were fried in a saucepan and cover with sufficient stock made from chicken bones, adding salt and some black pepper, also a little grated nutmeg, a few cloves, and one or two pimentos. Bring to the boil, and keep at boiling point for half an hour, after which strain carefully and return the soup to the saucepan with a piece of butter about the size of a matchbox. Just five minutes before serving add one tumblerful of milk and the yolks of two eggs well beaten, stirring well. Serve with little pieces of bread fried crisply in bacon fat.

POTAGE AUX CONCOMBRES. II.

Take two handsful of sorrel, remove the hard part from the leaves, wash these well and melt them in a saucepan with a small piece of butter. When cooked pour over it sufficient hot water, add salt and pepper, a little chopped parsley, and a cucumber cut in slices. After one hour or so mash all the vegetables through a sieve, return the *purée* obtained to the saucepan with the vegetable stock, let it simmer an Ave Maria while (as Sir Kenelme Digbie says), and just before serving bind with a yolk of egg and a little cream.

POTAGE À L'ALSACIENNE

For this soup, you must have the liver, heart, and kidneys of a goose, to which you should add a quarter of a pound of pig's liver. Put these in a saucepan with a little water, and season with salt, pepper, some grated nutmeg, and the juice of half a lemon, adding also one onion and a little parsley. Let this simmer gently until quite soft, when the liver and so on should be removed and passed through a very fine sieve into the soup tureen. When you are ready to serve the soup pour into the tureen sufficient *consommé*, which should be previously prepared.

POTAGE AU POTIRON

Pumpkin Soup

This soup is a favourite one with the Maltese. It is a real peasant soup and should be served with rough chunks of crusty black bread (which can be bought in any Italian shop in Soho). Have some good meat stock, add a little more water, four onions, three sliced tomatoes and six slices of pumpkin. Boil slowly until the vegetables are cooked. Remove the pumpkin and pass it through a sieve. Strain the soup and pour it over the *purée* of pumpkin. Stir it well and serve very hot. See that it is highly seasoned.

ERWTENSOEP

Dutch Pea Soup

This is a classical Dutch soup and the recipe comes from the Port Van Clef, which is probably the most typically Dutch Restaurant in Amsterdam.

Take a pound of split peas, and soak them for twenty-four hours in seven pints of water. Prepare an oxtail soup, mix the whole lot, add celery, leeks, parsley, all chopped finely, seasoning, and cook for five hours on a slow fire, stirring often; about two hours before serving add a few slices of smoked sausage. Serve without passing through a sieve.

POTAGE D'ORGE À L'ALLEMANDE

Barley Soup

Take about a quarter of a pound of barley and wash it well in tepid water; cook it for six hours on a very slow fire, stirring occasionally with a fork to prevent its "catching," and adding more hot water if it reduces too much; also add salt and pepper and, just before serving, a cupful of fresh cream and a good piece of butter. From that moment it is important that the soup does not reach the boiling point, so that the butter keeps its proper taste and does not turn to oil. Pour it in a soup tureen previously heated, and add a last little piece of butter, which will have melted by the time the soup reaches the dining-room. The consistency should be that of an ordinary thick soup.

GARBURE

The *garbure* is the traditional soup of the South, and it appears day after day on the tables of the Bearn and of the Landes district. It can be made in many different ways, according to the part of the country or the time of the year,

but it always contains certain principal ingredients, which are: cabbage, beans or potatoes, and pork in some form or other.

Cook the haricot beans in salt water (about half a pound to one large cabbage), having previously soaked them if they are not fresh ones, then add the cabbage cut in small pieces, a few carrots, and boil on a quick fire. About one hour before serving add either a tablespoonful of bacon fat or a piece of bacon or pickled pork, salt, pepper, a *bouquet* of parsley, thyme, and bay leaf (it should be removed with the meat before serving): add more boiling water if necessary. You can put in peas instead of haricots if you like, or broad beans when in season, and turnips. In fact, the cabbage is the foundation of the *garbure*, the pork gives it a special flavour, and the beans or potatoes, which should be reduced to a pulp, give it the necessary consistency.

EGG DISHES AND PILAFFS

ŒUFS BROUILLÉS AU SAFRAN

Scrambled Eggs with Saffron

Beat the eggs well (two for each person), add about a puddingspoonful of milk, salt and pepper, and beat again. Mix in a pan a little butter, a teaspoonful of concentrated beefstock, a pinch of saffron, and cook it for a few minutes; then put in the eggs, stirring all the time. They should be done on a slow fire so that they remain light and creamy, and, of course, served the moment they are ready.

ŒUFS FARCIS

Stuffed Eggs

Take some hard boiled eggs, remove the shells and cut the eggs lengthwise in half; take two fillets of anchovy for each egg and chop them very fine with the yolks. Melt a good piece of butter in a small saucepan, put in the mixture, add salt, pepper, a few chopped chives, and cook till the butter has entirely disappeared, then fill the eggs with this mixture, and serve hot with tomato sauce.

ŒUFS LANDAISE

Grill or fry a pork sausage and chop it finely, also fry in the fat onion and parsley chopped

finely; put all this in a fireproof dish and break your eggs over it, add salt and pepper, a little grated cheese; begin cooking on the fire, finish quickly in the oven. The right proportion is one medium-sized sausage to two eggs. In some places they also fry with the rest one small tomato cut in small pieces (the pips should be removed).

ŒUFS À LA TRIPE

Have some hard-boiled eggs and cut them in slices. Chop some onions (about two onions for three eggs and so on), cook them in butter, but do not let them get brown. Then add a pinch of flour, a little hot milk, salt, pepper, and a little grated nutmeg. Let it boil for a few minutes, stirring well; put in your eggs and, five minutes before serving, a piece of fresh butter and a tablespoonful of cream. The sauce should have the consistency of cream.

ŒUFS WASHINGTON

In summer time, when tomatoes are plentiful and good, the following egg dish will be found excellent. The quantity is one egg and one tomato for each person. The tomato must be as large as possible and not quite ripe. Clean it well and cut off about one quarter. Scoop out the inside, carefully removing the pips, and sprinkle with salt and pepper. Into each of these "cases" break one egg, add salt and pepper, a small piece of butter, a little parsley, a few mushrooms finely chopped together, and a few drops of olive oil. Put the tomatoes

in a buttered, fireproof dish and bake in a slow oven for twenty minutes, basting frequently. When served, the yolks of the eggs should be soft.

ŒUFS À LA BÉARNAISE

First fry in pork fat an onion finely chopped, and then add a few sliced tomatoes, and in another pan fry (also in pork fat) two or three green peppers cut in pieces, using the kind which are not too strong. When these are lightly browned add them with sufficient salt to the other pan, which should then simmer for about one hour, when the contents will be ready to be served with eggs fried in butter.

ŒUFS CHASSEUR

Peel and cut one small onion into thin slices and fry in butter until golden brown. Then cut one rasher of lean bacon into shreds and fry with the onion until it is quite crisp. Meanwhile boil two chickens' livers in equal parts of water and wine vinegar, adding a clove, one bay leaf, and some parsley. When the liver is cooked remove it, and pound together with the onions and bacon. Add salt and pepper. Cook one egg for each person *en cocotte* and cover with the above mixture. These eggs should also be served extremely hot.

ŒUFS EN ASPIC

For each person use one egg, and first poach the eggs so that while the yolks must be soft the whites must be quite firm and set.

Place these in a fairly shallow serving dish, just deep enough to allow the eggs to be covered with the jelly. Season the eggs with salt and a little lemon juice. Then pour over the jelly, which has been flavoured with six tomatoes and passed through a fine strainer. The jelly must, of course, be made of calf's foot and bones, and not gelatine. Place the dish in a cool place to allow the jelly to set, and serve cold.

CURRIED EGGS

Take half a pound of onions, half a pound of tomatoes, one carrot, and two apples. Prepare these and cut into small pieces. Fry the onions first in butter until lightly brown. Add the other vegetables, putting some bacon fat into the pan. When these are nearly cooked put in one or two tablespoonfuls of curry powder according to taste, adding sufficient salt and two tablespoonfuls of brown sugar. Fry for another half-hour, adding more fat or butter if necessary.

Just before pouring over the eggs which should, of course, be hard boiled first, add sufficient milk to the curry to reduce it to the consistency of a thick sauce.

RISOTTO MILANESE

There is no doubt about it, the revival of interest in food and cookery is spreading in all directions; it is now the turn of Italy, and I see that no less a person than Alfredo Panzini, the author of *Viaggio di un Povero Letterato* and of the *Lanterna di Diogene* has been writing on the subject in *Galleria*, the monthly review edited by

Soffici, of the Fascist daily paper, *Corriere Italiano.* The article I have by me, entitled "Risotto e risotti," is an amusing disquisition on this famous Italian dish, not only as a dish, but as an important ethnical symbol, so that the culinary details are curiously mixed up with unexpected remarks and digressions. But the recipe is there, if somewhat diluted, complete in its native splendour, as a recipe—besides what it stands for.

The dominating colour is, of course, the rich deep yellow of saffron, for saffron is, so to speak, the crest of a risotto, which is for Lombardy what the macaroni is for Naples; needless to say, other provinces boast of their rice dishes, in which there may be meat, or chicken, or fish, but the real article is the one Panzini describes, the risotti simple and proud in its "viscous compactness."

"First take some onions, cut them in thin slices and fry them in the best butter till they are, not coal-black, but golden brown. Put into the frying pan a pound of rice. Do not wash it; wash your hands, wash your face, wash your conscience, but do not wash the rice. The rice is no snob. Stir it over a slow fire and roast it well; add a little wine and tomato purée, then about an ounce of marrow chopped fine. The secret of the real risotto is that the grain of rice preserves its soundness, its "entireness," although the dish as a whole is like a cream. Chopped marrow helps a lot there (in the days of Maria Teresa they sometimes used to put in pounded brains for the same effect); then make the whole thing a beautiful yellow with a tablespoonful

of saffron. To prevent the rice from burning add good stock in such quantity that it is entirely absorbed by the end of the cooking; then sprinkle with cheese. The risotto can be made more opulent with mushrooms and truffles."

Such is Panzini's recipe, the result being a dish very different from the soft, sloppy rice one gets, alas, too often.

PILAFF

This pilaff, which comes from another part of the world, is also a very pleasant way of serving rice. Cook your rice according to your idea on the subject; there are several schools—some people throw it in boiling water, some put it in cold water, some stir it, others do not. After many experiments I find that the most satisfactory way is the following: Having, snobbishly, washed the rice, put it in a saucepan with one onion, cut in two, salt and just enough cold water to cover it and a little more, bring to the boil, stir lightly with a fork, add more water; a little later add for the third and last time more water in quantity sufficient for the rice to revolve freely when boiling; see that it does not catch, and do not cook it too much. When it is cooked, of course, put it under the cold tap in a colander; each grain should be separate.

Melt some butter in a frying pan, put in your rice, salt and pepper, a teaspoonful of saffron, a pinch of curry powder, one sweet red pepper cut in small pieces, a handful of raisins (stoned and previously soaked) and whatever you have by you in the way of "remnants"—pieces of turbot,

or lobster, or chicken, slightly warmed in butter. Stir well and serve very hot with the sauce called in France *à l'indienne*, although it is only vaguely Eastern in character. For all these pilaffs and risottos the best rice to use is really Carolina rice, the Patna variety being the best for the rice served as an accompaniment to curry.

SAUCE À L'INDIENNE FOR PILAFFS

Put in a small saucepan a tablespoonful of flour, a piece of butter the size of an egg and cook this over a slow fire, stirring all the time with a wooden spoon. When it is well melted and cooked (it must not get brown though) put in a teaspoonful of saffron, a pinch of curry powder, stir well again and cook a little more; then add little by little a tumblerful of milk, salt, pepper and a little grated nutmeg, and cook, stirring often over a slow fire till it has the proper consistency, which is that of cream. If it is too thick add some more milk, and if necessary more seasoning; the quantity of saffron is rather a question of taste, but in any case the flavour of curry powder should not be recognisable (it is the happy blending of spices which makes the sauce perfect); needless to say, it should be absolutely smooth, so if you are in doubt about it and if it looks in the least lumpy, it is better to pass it through a fine sieve; a little piece of butter added at the last minute makes it more creamy still.

FISH

TURBOT AU FOUR

Baked Turbot

Take a good sized turbot, clean it, and boil it in salted water until cooked. Remove the flesh from the bones and mince it finely, adding salt and pepper, the juice of a lemon, and some crushed nasturtium seeds, which may be obtained in bottles. Mix all this together with a little cream and place the mixture in a buttered fireproof dish, or, if you prefer it, in one little dish for each person. Sprinkle with bread-crumbs and bake in a quick oven until brown.

TURBOT EN ASPIC

Cook your turbot in a well-seasoned *court-bouillon* and let it get cold. Then remove it, drain it well and cut it in pieces of equal size (taking care to remove bones and skin). Put this in a dish and dispose on and around the fish a few capers, or slices of truffles, mushrooms or gherkins.

Return the *court-bouillon* in which the turbot has been cooked and the head and bones of the fish to the fire, and boil it fast for about twenty-five minutes. Pass it through a fine sieve and a muslin; add a flavouring of either port, cham-

pagne or hock when the liquid is only tepid, and pour it over the pieces of fish. Having previously tested the consistency of the jelly (by dropping a little on a cold plate where it ought to jellify after a few seconds), add a little gelatine if necessary, but the jelly should not be too stiff; needless to say, whatever wine you use for flavouring must be of the best quality.

Salmon or salmon trout can be treated in the same way, and in that case claret can be used in the *court-bouillon*, in the proportion of about half a bottle for a dish for six or eight people.

COQUILLES ST. JACQUES

Scallops

This recipe, as well as the *Filets de sole Régence*, come from the famous *Restaurant du Chapon Fin* at Bordeaux. It is a delicious dish, and by far the best way of serving a shell fish already delicious, and which, judging from the prices it fetches at fishmongers, as compared with those of crab and lobster, seems unfairly despised in England.

Wash the scallops well, boil them in salted water and chop the red part and the white part together with a tomato, a little onion, parsley, a few mushrooms, salt and pepper. Cook this for a few minutes in butter, bind it with a little Béchamel sauce, fill the shells with the mixture and brown in the oven.

SOLE NORMANDE

Take a fine sole, skin it and put in a fireproof dish with several pieces of butter, salt, pepper,

a little grated nutmeg and a glassful of good white wine. Bake it in a moderate oven for about half an hour, basting occasionally, then remove it and keep it warm while the sauce is being made. For this you want a few prawns (shelled), a dozen or so of mussels already cooked (which means simply boiling them for a few minutes in salt water with a *bouquet*, when they open and you can easily remove them from the shells), and the stock in which the mussels have been cooked.

Put in a small saucepan all the gravy from the sole, two spoonsful of the mussel stock, the mussels and the prawns, cook it for a few minutes, bind it with butter in which you have cooked a little flour, cook a little more, add a small quantity of cream, pour the sauce over your sole and serve very hot.

SOLE EN MATELOTTE

This dish, although it has not the reputation of the *sole normande*, is a very favourite dish both in Brittany and Normandy. Skin the sole, put it in a fireproof dish, cover the sole with a mixture in equal parts of water and dry cider, salt, pepper, and a *bouquet*. Cook about twenty-five minutes, then put the gravy in a small saucepan, remove the *bouquet*, bind as described above, pour it over the fish and sprinkle over it very fine brown breadcrumbs and serve at once.

SOLE BRETONNE

Skin the sole, remove the fins and slice it the whole length in the middle; lift the fillets and

insert little pieces of salt butter worked with a little parsley and lemon juice. Cook it in butter in a frying pan, turning it once; add before serving more salt, pepper and a little more lemon. This way of cooking a sole is very simple and delicious, being a little more than a fried one and a little less than a sole *meunière.*

SOLE COLBERT

Choose a fine sole; when cleaned, slice it in the middle lengthways on both sides and lift slightly the fillets; also break the bone at both ends. Sprinkle it with a little flour, and dip it in an egg beaten with breadcrumbs. Fry it in very hot fat. When cooked and well drained, carefully remove the bone without breaking the fish, and fill the inside with some butter which you have "worked" with chopped parsley and lemon juice.

FILETS DE SOLE DOROTHÉE

The sole having been filleted, put in a small saucepan the head and bones, one onion in slices, one carrot, thyme, bay leaf, clove, salt and pepper, a glass of water and a glass of dry white wine, bring to boil, and reduce it on a slow fire for about twenty minutes. Pass it through a muslin and keep it warm. Sprinkle the fillets with salt and paprika and cook them in butter, then *flambez* them with a little good brandy; mix together this butter and brandy and the sauce previously prepared, add small mushrooms, a glass of fresh cream, a little lemon juice, and pour it very hot over the fillets. It is

advisable for this dish, as for all dishes which are *flambés*, to use really good brandy, and not the kind generally sold as cooking brandy, which is useless for the purpose, having no strength and no flavour.

FILETS DE SOLE RÉGENCE.

Take two fine soles and fillet them, roll each fillet, sprinkle with salt and pepper, and cook them in a closed earthenware dish with a piece of butter the size of a walnut and a little dry white wine for about a quarter of an hour.

Take about eighteen or twenty *écrevisses* (or crayfish) and cook them in a saucepan also for a quarter of an hour with butter, salt, pepper, spices, half a glass of white wine and a liqueur glass of good brandy.

Mix together both sauces in a small saucepan, let the mixture reduce, then bind it with four yolks of egg, add about a quarter of a pound of butter, so as to have enough sauce to pour over the fillets of sole and the *écrevisses*. These should be arranged alternately in a circle, with a slice of truffle over each fillet. Put in the middle the tails (carefully removed from the shell) of the remaining *écrevisse* and a few *quenelles* of fish. The sauce should be well seasoned.

The *quenelles* should be prepared in the following manner: (1) Take some stale bread-crumb and soak it in milk, after which you reduce it to a pulp and "bind" it with the yolk of an egg. (2) Add the same quantity of raw fish, carefully boned and skinned (pike is the

best, but whiting or cod will do as well), salt it and pound it all together for a few minutes; add, one by one, three more yolks of eggs, salt and pepper and mix well, then about half the quantity of fresh butter previously worked to a cream. All this should be thoroughly mixed and very smooth, and the consistency that of pastry batter. Sprinkle flour on a board, flatten the paste and cut it in regular pieces about three inches long and half an inch thick. Throw these in a saucepan full of boiling water, and cook them for ten minutes or so, when they are swollen and ready to use as *garniture* for the above dish.

POISSON FARCI AU VIN BLANC

Stuffed Fresh Water Fish with White Wine

Take a good-sized carp, or a pike, and remove the head; wash the fish and clean it and wipe the inside. Sprinkle it with salt and pepper, both inside and outside, and leave it in a cloth till the following day.

Prepare the stuffing as follows: Streaky bacon and ham, a little cold roast veal, a small slice of stale bread, parsley, two shallots, salt and pepper, all passed through a sieve or a mincing machine; add a drop of white wine and stuff the fish with this mixture.

Put the fish in a fireproof dish, cover it with white wine and cook it in the oven. When it is about half cooked, sprinkle over it some of the stuffing and a few bread crumbs, and finish cooking, being careful to regulate the heat so that the wine sauce does not evaporate altogether.

HUITRES FRITES

Fried Oysters

Have some fine oysters carefully removed from the shells, dipped in milk and rolled in flour, and fry them in very hot fat. When they are a golden colour they are ready; drain them well, sprinkle with salt and serve at once.

HUITRES AU GRATIN

Put in a small saucepan two shallots finely chopped and fry them slightly in butter; then add parsley, two or three mushrooms chopped together very fine, bread-crumbs, salt and pepper, a little dry white wine, a small piece of fresh butter, and boil this for a few minutes. It should be rather thick. Open some large oysters, leave them in the hollow shell, and cover each of them with the above stuffing, sprinkle with bread-crumbs, add in each a little melted butter, and brown them in a moderate oven.

HOMARD A LA CRÈME

Lobster

Have some slices of cooked lobster (properly cooked in a *court-bouillon*), pour brandy over them and set it alight. Cook them in butter for a few minutes, add salt, pepper and paprika. Beat together the yolks of two eggs, a little cream and a "drop" of sherry or Madeira. Mix it well with the lobster and cook on a slow fire till the sauce thickens. Do not let it boil or it will curdle.

RAIE AUX CÂPRES

Skate with Caper Sauce

Although skate is a fish which is rather despised and not much used in England (which seems a pity as it is cheap) it is very good when properly cooked. The following is a change from the classical *beurre noir* sauce. Get a piece of the skate with some of the liver, wash it well and put it in a saucepan with cold water. Add a pinch of salt, an onion cut in two, with a clove in each half, parsley, thyme, bay-leaf, and half a glass of vinegar. Bring this to the boil and cook it a few minutes, then add the liver and keep boiling for about another quarter of an hour. Take out the fish and liver, remove the skin, drain well, and serve with a caper sauce poured over.

PETITS PÂTÉS AUX CREVETTES

Prawn Patties

Put the prawns in salted boiling water and cook for a few minutes, then remove them and allow them to cool, when you must remove the shells and "beard." Place them in a dish to soak in about a wineglassful of sherry and a little lemon juice. Then make a light flaky pastry and line the little pâté dishes with it. Into each of these put two or three prawns and a few slices of olive. Add a teaspoonful of the liquid in which the prawns have been soaking, together with a teaspoonful of the anchovy sauce described below. Then cover with a very thin piece of pastry cut to the right shape. Bake in a rather

quick oven until the pastry is cooked and nicely brown. These pâtés may be served either hot or cold.

For the *sauce aux anchois*, take about three filleted anchovies and let cold water run over them for a few minutes. Dry them well and pound them to a pulp. Melt a good piece of butter in a small saucepan, stir in a little flour, cook for two minutes and add the anchovy, stirring well; add milk or thin cream to bring it to the consistency of a thick sauce.

ROUGETS NANTAISE

Red Mullets

Take some red mullets, once cleaned put them in a fireproof dish (having made a few cuts across both sides) with a little butter and cook them in the oven for about twenty minutes. Just before serving pour over them a sauce made as follows: put in a small saucepan two or three shallots chopped very fine, two tablespoonfuls of vinegar, two livers from the mullet, salt and pepper; bring to the boil and cook about ten minutes, after which you add a good piece of butter and cook a few seconds more. The mullets should weigh under half a pound each, and you must allow one for each person.

HARENGS MARINÉS

Marinade of Herrings

Take twelve good herrings, clean them, open them, and cook them in the following way: Put three quarters of a pint of water with the

same quantity of dry white wine in a large flat *casserole*, adding half a pint of wine vinegar, a large onion, one or two carrots cut in slices, a little thyme and parsley, one bay leaf and coarsely ground black pepper. Cook all this for a quarter of an hour, put in your herrings, let them boil for about ten minutes, and get cold in the stock in which they have been cooked, removing them only just before serving.

HARENGS GRILLÉS

Grilled Herrings

Take some fresh herrings, clean them well and paint them with olive oil or butter. Grill them for fifteen minutes and serve them with a sauce made of melted butter, a little vinegar, salt, pepper, and a teaspoonful of French mustard.

You can also serve them with a more elaborate and thicker mustard sauce.[1]

CABILLAUD A LA BRETONNE

Cod

Take a nice piece of cod (about two and a half pounds for six people), remove the skin and bones, and cut it into conveniently-sized pieces. Put them in a *casserole* with two tablespoonsfuls of olive oil and a pint of dry cider. Then work a piece of butter with flour and the following finely chopped: parsley, shallots, and a few mushrooms. Add this, together with salt and pepper, to the fish, and cook it on a quick fire until the fish is cooked and there is just enough of the sauce left to serve with it.

1. See chapter on "*Sauces*" in "*Simple French Cooking for English homes.*"

CABILLAUD FARCI

Stuffed Cod

Take about two pounds of the best part of a cod and clean it carefully, after which stuff it with the following mixture: A large handful of parsley, three onions chopped very fine, two thin slices of bacon, fried and chopped. Mix these together with two raw eggs, then add sufficient breadcrumbs from stale bread to make the mixture of a firm consistency and stuff the fish. Bake in butter and bacon fat for about one hour and a quarter, basting occasionally.

KARI DE CABILLAUD

Curried Cod

Put a piece of cod—just over one pound is sufficient for four people—into boiling salted water and cook for half an hour, when the cod should be removed, and after it is cold the bones must be taken out and the fish broken into little pieces. Meanwhile fry a few onions and some sliced carrots in bacon fat, and when they are nicely browned add two tablespoonfuls of Madras curry powder, salt, a little sugar, and a spoonful of sweet preserve. Mix all this well together and add a little milk, stirring hard. Cook for twenty minutes and then put in the cod. Cook again for about ten minutes, and serve with rice.

MORUE AUX ŒUFS

Salt Cod

Take about one pound and a half of salt cod and soak it in cold water for twelve hours,

changing the water two or three times. Put the fish in a saucepan with cold water, and boil it gently until cooked, when it should be removed, but kept hot. Then beat six eggs and put them in a frying pan, in which you have melted a good piece of butter. Cook them very slowly, stirring constantly so that the eggs do not "catch." Add the fish broken into little pieces, some more butter, the juice of half a lemon, pepper and some salt if neccessary. Stir lightly with a fork and serve immediately. If this dish is kept waiting the eggs will become leathery.

BRANDADE DE MORUE

Take some salt cod, wash it well in several waters and soak it for about twelve hours. Put it in a saucepan with cold water, bring it to the boil, cook it, and leave it about a quarter of an hour in the water in which it has cooked. Then drain it well, remove the bones and break the flesh in small pieces, pound them in a mortar. Put in a saucepan about two tablespoonfuls of good olive oil, add the pounded cod and cook it, stirring constantly with a wooden spoon. When it has boiled and started thickening add alternately a little of the stock and a little olive oil, still stirring well, and about twenty minutes before serving, chopped parsley and pepper. Needless to say, chopped garlic is always added at the same time by the Southern French people, and it certainly gives the finishing touch to the brandade.

MEAT DISHES

ROASTING GAME

There are many pleasant ways of cooking game, and there is no reason why it should always be served roasted and with bread sauce. About roasting there are several things which are very important. A bird should be salted inside before roasting; it makes the whole difference to the taste of the meat; also it should be wrapped up in very thin, fat bacon, and frequently basted. When it is served, in a carefully warmed dish, the gravy should be poured over it, and no stock of any kind added to this gravy, which must keep its own specific taste. The only way to make gravy, if necessary, is to pour a little salted hot water in the baking pan and scrape well the sides on which the essential and succulent juices of the meat have solidified.

SALMIS DE PERDREAUX

Salmis of Partridge

Prepare the partridges as for roasting, and cook them, ten minutes only, in a hot oven. Carve them into five or six pieces, legs, wings, and breast, and put these in a *casserole* or in a saucepan.

Chop the carcase, necks, livers, etc., put them in a small saucepan with a few chopped shallots, parsley, salt, pepper, a tablespoonful of good stock, a teaspoonful of tomato purée, a portglass-full of claret; add the gravy from the roasted birds, cook it till reduced at least by half, pass through a fine sieve, skim off the fat, and pour the sauce obtained over the pieces of partridge with a few small mushrooms, a glass of Madeira, and let it simmer on a slow fire till well cooked in the *casserole* with the lid on. Serve with fried bread round the dish.

SALMIS DE GIBIER

Salmis of Game

For this dish (which dates from the end of the eighteenth century, and which is called *salmi de table à l'esprit de vin*, not because there was methylated spirit in the sauce, but because it was then done on the dining-room table over a spirit lamp) you want some roast game, either partridge or pheasant or grouse. Cut the bird in four parts, and prepare in the following manner: first brown one shallot or onion finely chopped in butter, then add the squeezed juice of a lemon, a glass of dry white wine, salt and pepper, and then the legs and wings of the bird. Cook till the meat is hot, by which time the sauce will have reduced to its proper consistency. It should be done on a moderate fire and with the lid on. You can, if you like, add bread crumbs over it, and put it one minute under the grill. It has a pleasant, sharp taste.

PERDRIX EN COCOTTE

Braised Partridge

Take one old partridge (or two according to number of people); when trussed singe it and fill the inside with good sausage meat (pork, streaky bacon and veal, highly seasoned). Sew the opening and tie over the bird a rasher of bacon.

Put in a fireproof dish a layer of carrots, onions cut in small pieces, bits of bacon, any small bones you may have by you, and cook for twenty minutes or so. Remove it from the fire, and add a tablespoonful of good stock—and the partridge. Cook about one hour with the lid on.

Meanwhile cook in butter a few small round onions and bacon cut in small cubes. This should be timed with the cooking of the bird so that both are ready at the same time.

Remove the partridge, pass through a sieve the vegetables, bacon, etc., in which it has cooked, clean the fireproof dish, and put back into it the partridge; to which you add the gravy obtained, also the small onions and cubes of bacon previously prepared. Let the whole thing simmer a little longer.

PERDREAUX POËLÉS

Take some partridges (two for four people), singe them well, and fill them with the following mixture: two ounces of butter well worked with salt, pepper, and the juice of a lemon; wrap them with slices of thin fat bacon tied round with fine string. Put some rashers of bacon, a few carrots, and one onion cut in slices in a deep fireproof

dish; the partridges over this; over them slices of lemon and more bacon, and cook a good half-an-hour. Then remove the birds from the *casserole* and the string from the birds; keep them hot.

Squeeze through a sieve the bacon, lemon, vegetables, etc., over which the birds have been cooked, add a piece of butter, a glass of white wine, a pinch of flour; cook a few minutes more; put back the partridges in the *casserole*, and serve a few minutes later. See that the gravy is salty enough and pleasurably spicy. Should you have some bones of any game left over, you can make a sauce, and add it to the gravy in the *casserole*. Put the bones in a small saucepan with a few slices of carrots, two shallots finely chopped and one clove; add some beef stock, bring to the boil, and cook on a slow fire till well reduced. Pour it over the birds through a sieve.

FILETS DE PERDREAUX AUX BIGARADES

Roast your partridge in the ordinary way (not forgetting to sprinkle the inside of the bird with salt, and to roast it between two rashers of fat bacon). Do not joint the bird, but carve away slices of the meat as you would do for a duck, and keep them hot.

Make a white *roux* (about a pudding-spoonful of flour cooked in butter, to which you add a little veal or beef stock); add to it the broken bones of the partridge, salt, coarsely broken pepper, half a glass of dry white wine, the gravy from the roasted partridge, a little of the rind

(peeled off very thin) of an orange, and one bay-leaf. Bring to the boil, let it reduce, pass through a sieve and skim off the fat.

Fry some *croûtons*; dispose your fillets of partridge on them, put them in a dish and cover them with your sauce, to which you have added a few minutes before the squeezed juice of an orange.

FAISAN AU FOIE GRAS.

Stuffed Pheasant au Foie Gras.

Take a pheasant, truss it and singe it. Peel three or four truffles, cut them in small pieces, also cut three or four chicken livers; put these in a small saucepan with a wineglassful of Madeira, salt and pepper; boil the mixture for five minutes, then put it inside the pheasant, sew the opening, tie round it some very thin fat bacon and roast it, basting often.

Fry in butter a slice of stale bread, slightly larger than your bird, and cover it with a thick layer of *pâté de foie gras.* When the pheasant is cooked; put it on the bed of *foie gras*, and keep it hot.

Skim off the fat from the gravy obtained in roasting the pheasant, pass it through a sieve, and put it in a small saucepan with one truffle finely chopped, a "drop" of Madeira (and, if a little short, some stock), boil two or three minutes, pour it over the pheasant, and serve very hot.

LIÈVRE MARINÉ RÔTI.

Roast Hare.

Put the hare (remove the legs if you like) to soak for three days in a *marinade*, prepared as

follows: cut onions and carrots in thin slices, add salt, coarsely broken pepper, parsley, thyme, bay-leaf, a little garlic, a pint of water, two pints of wine vinegar. Then drain the hare well, warm it over the fire for a few minutes, insert with a larding-needle very thin pieces of streaky bacon, and roast in the ordinary way, basting often. Serve with either a *sauce bordelaise* or a *sauce flamande.*

Sauce Bordelaise.

Boil a pint of wine vinegar with three heads of garlic. When the garlic is cooked (in which case you can remove it if you are afraid of too strong a flavour) and the vinegar well reduced, add the hare's liver, boil it till soft, then mash it and add the blood, stirring all the time over the fire. Pass through a fine sieve and add to it the gravy from the roasted hare.

Sauce Flamande.

Melt some butter in a saucepan and put in four onions finely chopped, two cloves, a little nutmeg, a bay leaf, the liver, the heart and the blood from the hare. Add about a pint and a half of wine vinegar and water mixed in equal parts; boil it very slowly for five hours, then pass through a sieve, add to it a tumblerful of good claret, a pinch of sugar; bring to the boil again, and add a little potato flour. Cook a few minutes more.

CIVET DE LIEVRE. I

Jugged Hare

Cut the hare in smallish pieces and fry them a few minutes in a saucepan. Put in another

saucepan a *hachis* made with shallots, parsley and streaky bacon, cook a few minutes, then add a little flour, a tablespoonful of good stock, salt and pepper, a little grated nutmeg and a tumblerful of claret. Add the hare, stir well, and let it simmer with lid on at least three hours. Halfway through add the liver and the lungs of the hare, finely chopped, and a few minutes before serving add a few button mushrooms and a drop of brandy.

CIVET DE LIÈVRE. II

When preparing the hare keep all the blood, to which you add a little claret or vinegar so that it does not coagulate. Cut the hare in smallish pieces.

Put in a saucepan some butter, a few small onions, and a rasher of streaky bacon cut in small pieces. When well browned remove onions and bacon, and use the same butter to fry the pieces of hare; they should be fried for a few minutes only, after which you add a little flour, salt and pepper, parsley, and a tumblerful of claret and stock mixed in equal parts. Add also the onions and bacon previously fried, also the pieces of hare, then the blood. Stir it well, put the lid on, and let it simmer for at least two hours and a half. Remove parsley before serving.

The hare, to be good, should not weigh more than about six pounds, as the flesh of bigger hares is liable to be tough.

TERRINE DE GIBIER

Galantine of Game

Take whatever game you have, either partridge, pheasant or hare, and carve nice fillets

out of it; also cut in thin slices some lean veal and pork, the proportions to be two of game to one of butcher's meat. On the other hand, prepare some mincemeat as follows: small pieces of game, streaky bacon, a few truffles, parsley, a little stale bread, onions and shallots, finely chopped. Rub through a fine seive, add salt and a good deal of pepper and, if you like, the yolk of one egg.

Take a *terrine*, grease it with pork fat, and dispose in it a layer of game and meat, then a layer of minced meat, and so on till full.

Put in a small saucepan full of water the bones from the partridge or pheasant, one onion, and one carrot cut in slices, parsley, thyme, bacon rind, salt and pepper, also a calf's foot. Bring to the boil and let it simmer till well reduced, then pass through a sieve and keep it warm.

Put your *terrine* into a double boiler and bake in a moderate oven for about two hours. When cooked, remove it and pour over it the gravy obtained by the boiling described above, which will eventually become a delicious jelly. Put a weight over the pâté and keep it in a cool place for twelve hours. It will keep for weeks if you pour over it melted pork fat, after which you put on a piece of greased paper and the *terrine* lid.

FAISAN A LA CHOUCROUTE

The pheasant should be roasted in the ordinary way. Take about two pounds of sauerkraut, wash it and drain it well and put it in a *casserole* with half a dozen pieces of bacon, a dozen juniper berries (crushed) an onion, a clove, a

bouquet, a few slices of *saucisson* or *salami* (without garlic), salt and coarsely broken pepper, a good piece of fat unsmoked bacon and two glasses of white wine. Cover the pot, cook about four hours in the oven, after which you remove from the pot the *choucroute* (well drained), and the piece of bacon. Put them in a serving dish and dispose on this bed the pheasant surrounded by a few grilled sausages (the thin kind made of pork), the gravy from the bird being poured over the lot. In some parts of Belgium the pheasant is only partly roasted at first and put in the pot of *choucroute* till ready ; a cream sauce is sometimes served with it.

PUREÉ DE LAPEREAU

Purée of Rabbit

A very good dish can be made with young rabbit. Bone it, and pound the flesh in a mortar, pass this through a fine sieve, add salt, pepper, a little nutmeg, a teaspoonful of tomato sauce, a little good stock, and boil it for a little while to the consistency of thick cream. Serve with fried croûtons.

RABBIT PIE

The flesh of a rabbit is considered with a certain amount of suspicton, and one rarely finds it on polite dinner-tables. This prejudice is a very misguided one, for nothing can be more delicious than a good rabbit pie, either hot or cold. Choose two young rabbits, and if possible have them sent to you from Dartmoor.

When the rabbits are skinned and cleaned, joint and bone them, put the pieces in a dish of

cold water, leaving them to soak for about one hour. Then put them in a saucepan, and cover with cold water, adding salt and pepper, two onions, and a little sage. Bring to the boil, and keep boiling gently for about twenty minutes.

Remove the pieces of rabbit and place in the pie-dish with chopped parsley, a few pieces of cooked bacon, and slices of hard-boiled eggs. Put in also about a dozen stuffed prunes, for the preparation of which see below, and mix all together, so that the contents of the pie are evenly distributed, adding a little salt and pepper. Pour in half a pint of good stock, and cover with the paste for the pie crust.

Bake in a fairly quick oven until the pastry is cooked and nicely brown.

STUFFED PRUNES

The prunes must soak in water for two days, and then be thoroughly dried by folding them in a cloth. When this is done make a cut in each prune with a very sharp knife and remove the stones. Then prepare the following stuffing, the quantities, of course, depending on the number of prunes to be stuffed.

Chop together some parsley and half an onion, and then add some fat bacon or pork finely minced. Add salt and pepper, and just sufficient breadcrumbs to bind the mixture, which is then ready for stuffing the prunes.

OIE FARCIE

Stuffed Goose

It is well to remember that the time required for cooking a goose depends largely on the

stuffing; a goose stuffed in the following manner should cook twenty-five minutes for every pound. The prunes used for the stuffing should, of course, have been soaked in cold water for two days previously.

Take half a pound of lean pork and boil it in salted water until nearly cooked, after which it must be finely minced. Then fry in butter two or three chopped onions and add them to the pork. Season with salt and pepper and mix well, using the yolk of an egg to "bind" the stuffing together. Then take about twelve or fifteen prunes, slit them with the point of a sharp knife, remove the stones, and stuff them with some of the mixture to which a few chopped olives and roasted chestnuts have been added. Distribute the prunes among the stuffing, which is then ready. The bird should be stuffed at least a day before it is to be cooked. Spread plenty of pork fat over the goose with a knife and tie round it a paper greased with more fat. Baste frequently.

POULET POÊLÉ PAILLARD

Put in a saucepan one onion and one carrot cut in slices, a *bouquet* (of parsley, thyme, bayleaf), seasoning, a little butter and a young chicken, cook a few minutes on a moderate fire, then add a good glass of champagne, cook for about thirty to forty minutes, according to size. Then put the chicken in a cocotte, and add to the gravy in the saucepan a pint of cream. When thoroughly hot and well mixed pass the sauce through a muslin and pour it over the chicken in the cocotte. See that it is properly seasoned and serve with a pilaff of rice.

POULET SAUTÉ À LA CRÈME

Joint a young chicken and put it in a *casserole* with about one ounce of butter, two small onions, thyme and a bay leaf. Salt and cook, with the lid on, on a moderate fire. When the chicken is nearly done, remove thyme, bay leaf and onions, add a pinch of flour and cook another ten minutes, stirring often. Then add one tablespoonful of water, three of dry white wine, let it simmer and add little by little about one shillings's worth of cream; cook again for about twenty minutes on a very slow fire, sprinkle with freshly ground pepper and serve. The addition of either small mushrooms or *fonds d'artichauts* is recommended, but not necessary.

POULET LYONNAISE

Take a plump young chicken, joint it and place the joints in a *casserole* in which you have melted plenty of butter. Cook on a quick fire, turning the joints often. Then add a quarter of a pound of mushrooms and a tomato cut in little pieces. Cook for a few minutes more and add a glass of dry white wine, a little beef juice, and a few drops of old brandy, season with salt and pepper, and cook for twenty minutes. Remove the pieces of chicken and keep them hot; add to the sauce some chopped parsley, and if you like it, a tiny piece of finely chopped garlic, and let it reduce a little. Pour the sauce over the chicken and serve very hot.

POULET AU BLANC

Take a young chicken, joint it and put it in hot water with a *bouquet*, one carrot, one onion,

salt and pepper; bring to the boil and when cooked put aside. Make a white *roux* in a small saucepan, add some of the stock, a little grated nutmeg, a squeeze of lemon and boil this till it thickens; add a few small mushrooms and some button onions (previously cooked in stock). Put in a fireproof dish the pieces of chicken, the contents of the small saucepan and at the last minute a *liason* made of one tablespoonful of vinegar, a little milk, the yolk of an egg and a small piece of butter. Be careful it does not then reach the boiling point.

POULET CRÉOLE

Take a young chicken and joint it. Fry the pieces in butter till they are lightly browned. Also fry some sliced onion in butter, and when cooked add a tablespoonful of curry powder, a pinch of saffron, salt and a little sugar. Cook for about twenty minutes and add the pieces of chicken. Pound the kernel of a cocoanut with the milk of the nut, adding a little hot water. Pour this over the chicken and cook another quarter of an hour. Serve with rice either plain or with a sauce *à l'indienne.*

FRICASSÉE DE POULET

This is a very good way of using up "remnants" of roast chicken. Cut whatever meat is left in small pieces and brown them in butter in a frying pan. Prepare a Béchamel sauce, pour it over the chicken, add a small glass of *consommé* and cook a few minutes more. Serve with *croûtons* round the dish.

CÔTELETTES D'AGNEAU AU FOUR

Baked Lamb Cutlets

Take two large onions, cut them in thin slices and cook them in butter for a few minutes only; cut also in thin slices about half a pound of good potatoes (the long yellow kind being in this case preferable to the large white floury ones); put potatoes and onions in a well-buttered fireproof dish; add salt and pepper and a claret glassful of beef stock. Cook for about one hour in a moderate oven.

Take six lamb cutlets well trimmed and brown them in butter both sides, then bury them in the bed of potatoes and onions, adding here and there a few small pieces of butter, and finish cooking in the oven. You must put in the cutlets just at the right moment, so that they are nicely done just when the potatoes are getting a golden brown colour. It is also essential to put in the correct amount of beef-stock, which should have entirely disappeared when the dish is ready; if you put too little, the potatoes will probably "catch"; if you put too much they will be sodden instead of being in that state which is an agreeable mixture of softness and crispness.

GIGOT D'AGNEAU AUX POINTES D'ASPERGES

Roast Lamb with Asparagus

Prepare a nice leg of lamb, place it in a casserole on a bed of carrots, onions, bacon rind and broken bones, and put the casserole on a slow fire for about twenty minutes, put it aside

a little while and then add a glassful of good stock, salt and pepper, cover it with buttered paper and cook it in the oven, basting often.

Prepare a Béchamel sauce with very little milk, add to it the gravy from the braised lamb (having skimmed off the fat), some asparagus tips cooked in the ordinary way, and *sautées* in butter, and cover the lamb with this sauce. Have some more asparagus tips round the dish or at each end.

GIGOT À L'ECOSSAISE

Boiled Leg of Mutton

Take a leg of mutton, wrap it in a cloth and dip it in boiling salted water, boil it on a quick fire for about two hours. At the same time prepare some boiled potatoes (cooked in their skins) and a nice white cabbage, which should be cooked in the following manner: put in a saucepan about a pound of bacon, thyme, parsley and bay leaf, and boil it for about one hour and a half, then put in the cabbage cut in six or eight parts and cook till tender. Serve your *gigot* surrounded with pieces of cabbage (well drained), potatoes (skinned), thin slices of bacon and a butter sauce with chopped parsley. This is a good substantial dish more suitable for winter than for summer.

GIGOT PRAVAZ

Leg of Mutton Pravaz

This dish was duly appraised, quite lately, at a Parisian dinner party. It was so called by the inventor (a distinguished French government official and poet) because the injection is made with a *seringue de Praraz.*

Having secured a fine leg of lamb or mutton, prepare in a port glass the following mixture: two liqueur glasses of good brandy, one bay leaf, two cloves, one small piece of garlic, one sprig of thyme, six peppercorns coarsely broken—all this to soak undisturbed for twelve hours. Then take a hypodermic syringe for intra muscular injections (it should be large enough to contain the above, and the needle rather strong), and inject the solution very slowly in the meat in four or five places, taking care not to shake the deposit at the bottom of the glass. The meat must then rest for at least two hours, to give the solution time to penetrate and flavour. The preparations finished, we come to the actual cooking of the piece. There are two ways:

1. Boiled in the manner called in France *à l'Anglaise*, for which you wrap the leg of mutton in a white cloth, put it in boiling water with salt, pepper (unbroken), carrots, onions, bayleaf, and cook it a quarter of an hour to the pound.

2. Roasted on a bed of potatoes, onions, carrots, all sliced, and mixed together.

The ideal vegetable dishes to serve with the "*Gigot Pravaz*" are, for the boiled kind, a *purée* of white haricot beans; for the roasted one, red haricot beans *bourguignonne*.[1]

GIGOT BRETONNE

Take a good leg of mutton, spread some butter over it, and sprinkle it with salt and pepper. In Brittany they add a little piece of garlic near the bone, but that is a matter of taste. Roast the mutton in the ordinary way, basting it frequently.

1. See chapter on *Vegetables*.

Put in a saucepan some haricot beans which have been soaked in cold water for at least one night, with two large onions, salt and pepper and some thyme, parsley and a bay leaf tied together. Fill the saucepan nearly full with cold water, and cook the beans. In another saucepan put some butter, two shallots, and one tomato chopped, and let this simmer gently until it has the appearance of a thick cream, then add a little of the gravy from the mutton. Strain the beans, add them to this sauce, and let them simmer for a few minutes, after which put them in a fireproof dish with the mutton resting on top; put this into the oven for ten more minutes, and serve.

This sounds a rather complicated dish to make, but one has prepared vegetables as well as meat; also it is well worth the trouble, being one of the most delicious country dishes of France.

GIBELOTTE SAUTERNAISE

Although a "gibelotte" is usually made of rabbit, this one, which is special to the Sauternes district, is made of mutton. It has the double merit of being very good and very useful, as it is a pleasant and unusual way of using up "left-over" roast mutton. Cut the mutton in small pieces (having first trimmed it well), and cook it in pork fat or butter. Chop two or three shallots and cook them for a few minutes in fat (they should be only very light brown), then mix the mutton and the shallots, add chopped parsley, salt and pepper, and a good glass of white wine and let it simmer gently for half an hour or so. It seems as if the mixture of all these ingredients

is a particularly happy one, and, for instance, a "gibelotte" made of beef is not nearly so good. It is so much appreciated by the people of the district that they sometimes buy mutton for the special purpose of having their "gibelotte"—which, as a matter of fact, is better made with meat already cooked, as was originally intended.

MOUTON À LA BOURGEOISE

This is an excellent method of using up some cold roast mutton, as it makes a delicious entrée, and also renders the meat more tender. Cut the mutton into fairly thin pieces and brown them in butter, add shallots and parsley finely chopped. Cook for five minutes on a moderate fire, and add a tablespoonful of flour, which must be well mixed in. Then pour in a glass of water, add salt and pepper and cook for one hour. Ten minutes before serving stir in a tablespoonful of olive oil. This dish is at its best when served with grilled tomatoes.

HACHIS DE MOUTON PORTUGAISE

Prepare exactly as above, but add a tablespoonful of tomato purée—which can be bought in tins for a few pence if you do not want to make it with fresh tomatoes. Serve with stuffed tomatoes round it, the stuffed tomatoes prepared in the following manner: Cut the tomatoes in half, remove the seed, scoop out the flesh, and fill them with a mixture made of sausage meat, minced mushrooms, fried onions finely chopped, breadcrumbs moistened with tomato juice, and a little stock. Bake in the oven with a small piece

of butter over each tomato. This dish should be highly spiced and seasoned.

HACHIS DE MOUTON AU GRATIN

Again prepare as described before, with or without tomato purée, according to taste. Prepare a good purée of potatoes with hot milk and butter, and make a surround of it in a fireproof dish. Fill the inside with the minced mutton, sprinkle with breadcrumbs, add here and there a few pieces of butter, and bake in the oven till nicely brown. You can, if you like, paint the purée over with yolk of egg, but it is not necessary.

RISSOLES DE MOUTON

Mince the mutton finely. Brown in oil and butter mixed, three shallots finely chopped, add your minced meat, chopped mushrooms, a little purée of tomatoes, salt and pepper, and a drop of gravy or stock. Mix well.

Prepare a batter for flaky pastry, roll it very thin, make little fritters filled with meat, and fry in very hot fat. Serve with fried parsley.

For all the above dishes the skin should be carefully removed and only the nice lean parts of the roast mutton used.

ESCALOPES DE VEAU À LA PARISIENNE

Cut the veal into even sized pieces about half an inch thick, beat them, season them with salt and pepper, and brown them in butter on both

sides on a quick fire. Put the escalopes in a *casserole* with the butter, and add some chervil, parsley, and one or two shallots all finely chopped, and a little later some sliced button mushrooms. Stir in a tablespoonful of flour and a little stock. Allow all this to simmer gently for one hour, by which time the sauce should be a rich brown colour.

COTES DE VEAU PAILLARD

Take some nice veal cutlets, thin, white and tender, season them both sides with salt and pepper and brown them in butter. Put them in a fireproof dish, sprinkle them with a mixture of grated cheese and breadcrumbs and finish cooking them (well *gratinées*) in an oven or under the grill.

For the sauce, put in a small saucepan one truffle finely chopped, a port glassful of Madeira wine, let it reduce by half, add a little good stock and butter and pour the sauce over the cutlets in the dish in which they have been cooked. See that they have been kept very hot.

CÔTES DE VEAU À LA NORMANDE

Either fry or grill the veal cutlets. Mix together in a small saucepan equal quantities of very good butter and fresh cream, melt it *au bain-marie* and simply add salt and pepper. Serve with or over the cutlets.

VEAU AU CITRON

Take a good-sized piece of veal, trim it well and put it in a *casserole* with salt, pepper, a little chopped parsley, and no more than a pudding

spoonful of water. Add a sprinkling of cinnamon and nutmeg, keep covered and cook slowly. One hour afterwards add the juice of several lemons (about two lemons to each pound of veal) and go on cooking slowly with the lid on till ready.

RÔTI DE VEAU BRAISÉ

Braised Veal

Get a good piece of veal, preferably in the ribs, but see that the butcher does not cut it into chops. Bone it and trim it carefully, flatten it. If there is a kidney, place it in the middle, and, having sprinkled the whole thing both sides with salt and pepper, roll it like a galantine and tie it well. Brown it in butter.

At the same time prepare in a buttered fireproof dish a bed of vegetables, carrots, onions cut in small pieces, a little bacon, and parsley finely chopped, water it with a glass of dry white wine, add a drop of vinegar and let your veal rest on this. Bake in a moderate oven, basting often.

Before serving squash the vegetables and pass the gravy obtained through a sieve; remove the string, serve the veal, covered with the gravy.

FOIE DE VEAU AU FOUR

Baked Calf's Liver

Cut the calf's liver—about one pound for four persons—into pieces and fry them in butter for a few minutes, turning them so that each side is nicely browned. Then prepare a seasoning with one thin slice of streaky bacon, a little parsley,

and one shallot, all chopped very finely. Add salt and pepper, spread the seasoning evenly in a fireproof dish and lay the slices of liver over it, adding the butter in which it was fried. Cover the dish with buttered paper and cook in a gentle oven for about fifteen minutes.

CÔTES DE PORC

Pork Chops

Having grilled your pork chops (they should be quite dry and free from melted fat) serve them with either of the following sauces :—

Sauce Robert.—Chop one onion, brown it in butter, add a pinch of flour, a tablespoonful or so of good beef stock, salt, pepper, a teaspoonful of French mustard, chives and parsley finely chopped, and cook about a quarter of an hour.

Sauce Diable.—Chop one shallot and cook it in wine vinegar till the vinegar has reduced by half at least, then add a tablespoonful of brown *roux*, a little tomato purée, a tablespoonful of beef stock, same quantity of mushroom stock, salt and pepper, and a pinch of cayenne pepper. Let it reduce and pass through a fine sieve before serving. This sauce, very appetising in hot weather, should be highly seasoned.

BŒUF EN DAUBE. I

Braised Beef

Take a piece of beef, lard it with strips of bacon sprinkled with salt and pepper, season it on all sides and soak it in claret (about three

quarters of a bottle would do for a piece of beef weighing about four pounds) for a couple of hours. Drain it well and fry it in butter so as to close the meat which should retain its juice during the lengthy process of braising. Put it in a saucepan, pour over it the wine used before, a liqueur glass of brandy, a cup of *consommé*, add a little grated nutmeg, a *bouquet* (one clove, parsley, thyme and bay leaf) two lumps of sugar, and bring to the boil. Then add a few onions cut in quarters, one calf's foot cut in small cubes, and let it simmer very slowly for at least eight hours; at "half time" put in a few carrots cut in slices and previously fried in butter. When the cooking is finished put the beef on a serving dish, arrange the carrots around the meat and pour over it the gravy from which the fat must be carefully removed. It should be so soft that you can use a spoon for serving it (hence its other name: *bœuf à la cuiller*). It is equally good hot or cold.

BŒUF EN DAUBE. II

Take three or four pounds of rump-steak, cut it in thin slices, beat and season them well. Prepare some *hachis* in the following way: one pound of pork, half fat, half lean, two onions, parsley, shallots and chervil, all finely chopped together and highly seasoned. On one slice of beef put a layer of mincemeat, then a few slices of bacon, then another slice of beef, and so on till you have used the whole lot, ending by a slice of beef. Having tied the piece all round with fine string, put it in a fire-proof dish on a bed of

butter, bones, onion, and carrots (in slices), add the classical bouquet, a glass of water, salt and pepper, a little nutmeg, also a tablespoonful of tomato purée and a glass of dry white wine. Cook slowly about five hours with the lid on. When it is thoroughly cooked place the piece of beef in a deep dish, remove the string and pour over it, through a sieve, all the gravy, which, when cold, will be a succulent jelly. It is advisable to make this dish a day before so that the meat is well flavoured.

BŒUF BRAISÉ AUX PETITS POIS

Take a nice piece of steak, season it with salt and pepper, and put it in a *casserole* with a piece of butter. Put the *casserole* on a very quick fire and cook the beef for about ten minutes, turning it frequently. Meanwhile have some new peas shelled (use the smallest you can get) and add them to the beef with more salt and pepper. Put the lid on the *casserole* and let it simmer very gently for about two and a half to three hours, keeping it covered all the time.

FILET DE BŒUF PIQUÉ

Fillet of Beef

Take about two pounds of fillet, roll and tie it, lard it with strips of fat bacon and sprinkle it with salt and pepper on all sides. Cook the beef in a very quick oven for about three-quarters of an hour. The oven should be very hot when the beef is put in so that the meat will "close up" immediately, thus keeping in all the juice.

It is advisable for this dish, as indeed for all small roasts, to hang the meat in the oven, or, if impossible, to rest it on a grill standing in the baking tin, so that the heat acts evenly on all the sides of the meat.

PETITS FILETS DE BŒUF GRILLÉS

Take some medium-sized fillets of beef, not too thick, beat them well, sprinkle with salt and pepper, paint them with butter and grill, if possible, over a glowing wood fire. Serve them with the following sauce :—

Horseradish Sauce.—Peel and chop very finely two small shallots, fry them in butter till brown ; then add one ounce of grated horseradish, a tablespoonful of vinegar, some chopped parsley, salt and pepper. Cook slowly for ten minutes, after which add a claret glassful of cream. Cook it again till thoroughly hot, but do not bring it to the boil.

ENTRECÔTES RENNAISE

Choose a good steak, weighing about one pound, sprinkle it with salt and pepper, paint it with a little melted butter, and grill it on both sides.

Work about three ounces of butter with two shallots and some parsley chopped, adding salt and pepper. Spread this on the bottom of a dish, rest the steak on it, and put the dish, covered with a plate, on the top of a saucepan of boiling water for five minutes. Serve with a purée of potatoes.

TOURNEDOS SAUTÉS

Take two or three fillets of steak, season them with salt and pepper and put them in a frying pan with a good piece of butter. Fry them on a quick fire and turn them so that each side is nicely browned. Place the pan on one side so that the beef does not cook any more, but is just kept hot; then prepare the following sauce: Put a piece of butter (the size of an egg) in a saucepan with a tablespoonful of flour, salt and pepper. Cook on a very quick fire until brown and stir in a little stock. You may then add some chopped mushrooms (previously browned in butter) or some chopped olives according to your taste. Then put the fillets in the serving dish, pour the sauce over them, and serve very hot.

BŒUF AU FOUR

This is an excellent method of using any cold beef which may have been "left over." Take a well-buttered fireproof dish and line it with some fried onions. Add a layer of the beef chopped or minced and a layer of sliced boiled carrots. Fill the dish in this way with alternate layers of the meat and vegetables, leaving a little free space on top. Cover with a good purée of of potatoes or breadcrumbs, and place in a quick oven until nicely browned.

BŒUF GRATINÉ

Is also made with cold boiled beef. First chop some rather fat bacon, put it in a fireproof dish and melt it for a few minutes on the fire,

then add some small button mushrooms, onions, and parsley chopped, salt and pepper (and if you like it a tiny piece of garlic). Cut the beef in slices and put these on top of the vegetables, add some more of them and sprinkle with bread-crumbs. Pour over a glass of white wine and bake in a moderate oven until the dish is nicely browned.

RAGOÛT DE BŒUF

The preliminary frying of the vegetables for this dish makes all the difference to it and gives it a flavour quite apart from that of an ordinary "stew."

Clean and peel the following vegetables and then cut them into slices: three medium-sized carrots, three onions, and several tomatoes. Place them in an earthenware stewpan and fry them in olive oil—or butter, if you prefer it—until almost cooked. Meanwhile you should have browned your beef for a few minutes in butter. Add the meat to the vegetables, and then one tumblerful of cold water, salt and pepper. Let the ragout simmer gently for at least one hour and a half, keeping the lid on the pan.

SAUCISSES AUX CHOUX

Sausages with Cabbage

Put a piece of bacon[1], about half a pound in weight, in a large saucepan with water, broken pepper, salt and the classical bayleaf, thyme and parsley tied together; cook it for about one hour and a half. Then remove it, if you are a

1. The right thing to use is really pickled pork, or that kind of unsmoked bacon called in some parts of England "green."

careful person and want to use it at its best for something else (or cold in the Irish peasant fashion)—or recklessly leave it in if you do not mind. Anyhow, the water is sufficiently flavoured by now for our purpose. Bring it once more to the boil and then throw in your cabbage, previously well washed and cut in smallish pieces.

While the cabbage is cooking grill the sausages (the long French ones made of pork are the only possible ones for this dish) and keep them warm. Drain the cabbage well, add more salt and pepper, a little grated nutmeg, a small piece of butter, and put half of it in a fireproof dish, then the sausages on this bed, then the rest of the cabbage. Pour a cupful of good beef stock over it. Cook in a moderate oven with the lid on for about half an hour or so. This dish, if properly prepared, is quite delicious.

SAUCISSES AUX HARICOTS

Take about one pound of haricot beans, soak them twelve hours, cook them in cold water and a little salt for three or four hours; then remove them and throw away almost all the water. Add a good piece of butter and keep the beans hot on a slow fire. Take some pork sausages, grill them or fry them, according to taste, and when cooked put them in a frying-pan together with the beans and the fat from the sausages. Fry the whole thing for a little while so that the beans are slightly browned and the fat evaporated. This dish should be well seasoned.

FRICASSÉE DE SAUCISSES AUX CAROTTES

Take some sausages—of the French kind, made of minced pork—and grill them (pricking them here and there with a sharp knife). Then take some carrots which have been previously parboiled, cut them in slices and finish cooking them in butter. When they are nicely fried, put them in a fireproof dish together with the sausages, a little chopped parsley, part of the fat from the sausages, a little fresh butter, a few drops of lemon juice, a wineglassful of dry white wine, and chopped shallots (previously fried in butter), salt and pepper. Cook the *fricassée* for a few minutes and serve in the same dish.

ROGNONS FLAMBÉS

KIDNEYS

Take some kidneys and cook them in butter for a few minutes; then cut them in thin slices, season with salt and pepper, pour over them a glass of brandy, set alight. Cook a little more, adding a little butter and a small quantity of French mustard (the kind that is flavoured with tarragone), stirring all the time.

ROGNONS AU GENIÈVRE

Take a veal kidney, leave it whole and trim it, leaving only very little fat round it. Cook it for about half an hour in butter, in a fireproof covered dish, turning it frequently. About ten minutes before serving put in a few crushed juniper berries, salt and pepper, and a little *consommé*. Serve in the same dish.

GALANTINE

Take two pounds of lean beef, one pound of fat pork, and half a pound of very salt bacon. Boil these together in a large saucepan so that the meat is completely covered with water. When the meats are cooked remove and leave until quite cold, then mince them together, using the coarsest knife of the mincer. Add three onions and some parsley finely chopped, the yolks of three eggs, salt, and plenty of black pepper. Mix thoroughly and moisten with a little of the water in which the meat was boiled, form into the shape of a large sausage, and tie it in a piece of linen. Place in a steamer and cook for one hour. Do not untie the cloth until the sausage is quite cold.

PÂTÉ DE CAMPAGNE

Take two pounds of veal, one pound of streaky pork, a quarter of a pound of liver and mince it fairly fine together, but keep a few nice thin pieces of veal apart. Mix the mince well on the board, add one shallot and a little parsley chopped, spices and a good deal of salt and pepper. Butter a *terrine*, put in a layer of minced meat, a rasher of bacon, a slice of veal sprinkled with seasoning, another rasher, more minced meat and so on till the terrine is full. Cover with buttered paper and cook in a moderate oven for an hour and a quarter. Put a weight over it and let it grow cold. It will be better if made twenty-four hours before it is to be eaten.

VOL-AU-VENT FINANCIÈRE

Cut two or three truffles in small pieces, chop the peelings, put them in a small saucepan with a glass of Madeira, and let it reduce by half, Put in another saucepan a piece of butter the size of an egg, a tablespoonful of flour, and cook till brown; add a tablespoonful of good stock, stirring all the time, then your truffles and Madeira, and mushrooms, coxcombs, *quenelles*, *fonds d'artichauts* (all things which you can buy already prepared in jars), a few pieces of sweetbread previously cooked in butter, and cook the whole thing a little while without bringing it to the boil. Fill with the mixture your *vol-au-vents* (the paste should be very light) which you have kept hot in the oven.

FOIE GRAS AUX RAISINS

Take a *foie gras* (of duck, preferably), season it with salt, pepper and spices; put in a saucepan a *garniture* of onions, carrots, parsley, thyme and bay-leaf, tie a thin piece of fat unsmoked bacon round the *foie gras*, put it on the vegetables, add a glass of port or Madeira, and cook with the lid on three-quarters of an hour on a rather slow fire, basting often.

Move it to an earthenware *casserole*, skim the fat off the gravy, which should be poured through a strainer over the *foie gras*, add a handful of grapes (pips carefully removed), cook another twenty-five minutes on very little fire; see that it is well seasoned, and serve with *croûtons* round the dish.

This *foie gras aux raisins*, really exquisite, is probably one of the best dishes of the Bordeaux district. It can be made in the winter, when you can get fresh *foie gras*, and also the rest of the year with tinned ones. This is, of course, the *foie gras* preserved plain and not prepared as a *pâté*, in fact the whole liver of the fattened duck; it is large enough as a rule for eight to ten people. Some gourmets add one or two truffles during the cooking for flavouring, but remove them before serving, which is *le comble du raffinement*.

VEGETABLES

VEGETABLE DISHES

It is a great mistake always to serve two vegetables as an accompaniment to a meat course. At least one vegetable, potatoes, is quite enough, and the practice both extravagant and monotonous of what clubs called "the vegetables of the day" (or what the cook calls "a second vegetable") should be discouraged. Why have with any meat course, say, potatoes *and* either French beans, or spinach, or young carrots, plainly boiled, simply because it is a habit? It may be that the taste of these vegetables does not go specially well with the flavour of the meat dish; it may be also that the flavour of these vegetables is not at its best when only plainly boiled. So why not make two courses instead of one and have, in the French fashion, a course of meat and potatoes and a separate vegetable course, both at their best? It costs hardly a penny more and is far pleasanter, indeed it will excite even the most jaded appetite.

Needless to say, the vegetables must be young and tender. It seems, somehow, a ghastly tragedy to see these admirable English raw materials cooked ever so primitively in plain water, or allowed to go till over-mature by a gardener, more anxious of size than of flavour. However, if we live in London we must be content with the

best we can get at the greengrocer's, but if we have a garden we must be firm and not be afraid of breaking the gardener's heart; our peas must be small, our broad beans under age, and our lettuces gathered in their youth.

They must also be specially prepared; boiling is only a preparation for the finished article, and the finished article is well worth the extra trouble. Simple as these dishes are we seem somehow far from the days when "sharp hunger" was the only seasoning of

> "Our Cambrian fathers sparing in their food.
> Their sallading was never far to seek,
> The poignant water-grass, or sav'ry leek . . ."

But then perhaps they felt about it as Nebuchadnezar did according to that old Oxford prize poem:—

> "Nebuchadnezar ate the rank green grass
> With herds of oxen and the savage ass,
> And murmured as he cropped the unwanted food,
> It may be wholesome, but it is not good."

POMMES DE TERRE AU LARD

Potatoes

Cut in pieces about ten or twelve medium-sized potatoes (the yellow kind being for this dish better than white floury ones), dry them well and keep them wrapped in a cloth. Cut in small cubes a quarter of a pound of lean bacon and put them in a *casserole* with a good piece of butter. When they are getting brown add a tablespoonful of flour and mix well. Simmer

for a few more minutes, add a little stock, salt and pepper and the classical bouquet (to be removed before serving). Then put in the potatoes and cook them gently for about an hour or so till they are well done. Some people fry the potatoes a few minutes in butter before putting them in the *casserole*. There is something to be said for this process.

POMMES DE TERRE AU FROMAGE

This is an old recipe for making potatoes with *gratiné* cheese (the ordinary way being to cook potatoes, cut them in slices, mix them with a *béchamel* sauce sprinkled with cheese, and brown them in the oven). Boil your potatoes as usual in salted water, mash them well and add seasoning, also four eggs, one after the other, and mix well. Butter a fireproof dish, put in a layer of potatoes, then grated cheese, more potatoes, more cheese, and so on till the dish is full, finishing by a layer of grated cheese, breadcrumbs and a few pieces of butter. Brown in the oven.

DEVONSHIRE FRIED POTATOES

First boil the potatoes, then put a little fat in a pan and your potatoes; chop them over the fire, shaking them well, add seasoning, and give them the shape of a flat cake about half the size of the frying pan. Put a plate over them. They should be fried over an even glowing fire till they begin to smoke; by then they should be nicely browned. Turn them over in the plate and serve at once.

POMMES PAILLE

Cut some yellow potatoes as thin as straw, dry them well, and throw them into a deep dish full of boiling fat. In a few minutes they will be crisp and golden, after which you drain them well and sprinkle with salt.

PURÉE DE POMMES SOUFFLÉE

Cook in salted water some white floury potatoes, drain them well, put them in a clean saucepan and dry them over the fire so that they are not watery. Mash them well—there must not be a single lump left—put in salt and pepper, a good piece of butter and a tablespoonful of hot milk. Beat this well and work it over the fire, add the yolks of two eggs and another tablespoonful of milk, more even if it looks too thick, then put in the whites of the two eggs well whipped. Mix thoroughly, and bake in a hot oven for about a quarter of an hour.

Another attractive way of serving this dish is the following: Instead of boiling the potatoes, bake them in their skins in the oven, then cut them in two, scrape out the inside, prepare as described above and refill the empty skins with the *purée* instead of putting it in a dish. Finish baking in the same way.

POMMES SICILIENNE

First make a very good purée of potatoes, using, if possible, cream instead of milk. Then take a small orange, cut it into slices (using the rind as well), remove the pith and pips, dry each

slice in a cloth, fry them for a few minutes in butter, and chop them into little pieces. Fry also one or two finely chopped shallots and add them to the orange. Mix this well with the purée, add salt and pepper, and form into little balls. Place these in a buttered fireproof dish and bake in a quick oven for a few minutes so that the balls are nicely browned.

The flavour of orange in this way of doing potatoes goes especially well with goose, in the same way that an orange salad is a good accompaniment to wild duck.

BLACK POTATOES

Boil or, better still, steam them in their skins. Then skin them and serve with melted butter, salt and pepper. They taste neither like a potato nor like a sweet potato, having a peculiar nutty flavour entirely their own.

POMMES FRITES PAYSANNE

Cut some potatoes in small cubes rather less than one inch square and fry them in very little fat (there should be no fat left in the pan at the end of the cooking); stir them well, and a few minutes before serving add chopped parsley, a little garlic chopped very fine, and salt. Serve at once. This method, which seems to be against all rules for frying potatoes, gives excellent results.

RAW FRY

In the Cornish villages this dish is usually made of turnips, potatoes and onions. Cut them in slices and fry them in butter till they are half

cooked, then add water, just enough to cover the vegetables, salt and pepper, a few small pieces of streaky bacon ; cover the frying pan and let the whole thing simmer till thoroughly cooked, by which time it should be fairly dry.

SQUAB PIE

The story goes that there was once an old man and his wife who lived quietly in their little cottage. They had a tiny garden in which he grew onions, leeks, potatoes, wallflowers and hollyhock, and she cooked some of these (not the flowers) for their modest meals. She never complained and he never grumbled ; they only quarrelled at dinner time because the one liked sweet pie, the other savoury pie ; and, as they were old people without money or children, their daily food was their only interest in life. So that the squabble about the pie became every day more noisy and passionate. In fact, they were on the verge of what the daily press would call a "domestic tragedy" when, one day while cooking the famous pie, the wife had an inspiration —why not mix the ingredients and make a combined pie, partly sweet, partly savoury? The ingredients were good, thought she, the result ought to be good. Indeed it was, and so was born the "squab pie," and they lived happily for ever after, the old man, his wife and the squab pie—of which here is the genuine recipe :—

Put in a pie dish leeks and potatoes cut in slices and a few pieces of either beef or mutton, salt, pepper and a little water, and cook on a moderate fire till it is partly cooked ; then add

apples cut in quarters, and sugar (it should be noticeably sweet), finish cooking, cover with pastry of a flaky kind, and bake the pie in a quick oven. The apples should be put in so that they are cooked precisely at the same moment as the meat and vegetables.[1]

CHOUX VERTS

Green Cabbage

Take some small green cabbages, boil them in salted water, drain them well, mash them thoroughly, add, over the fire, butter, salt, and pepper, aud what is usually called a "drop" of vinegar. They are also excellent simply sauté, in which case you begin by boiling them as before; then remove them before they are completely cooked, drain them well, and fry them in hot butter, and season just before serving.

CHOUX À LA CRÈME

Take a good-sized savoy cabbage, remove the coarse outer leaves and cut the cabbage into four pieces; wash them well and cook them in

1. Up till now I had not been able to discover in England any autochthonous dishes (excepting of course, the classical things like steak and kidney pie, lamb and mint sauce, and various steamed puddings) but now I have tasted some which are delicious, and no doubt there are more, somewhere in Yorkshire, maybe; though when you ask an Englishman about these honest local dishes he is curiously reticent about, or ignorant of them. To the West of England, Devonshire or Cornwall, we are indebted for many things—fine butter, junket, Cornish pasties, saffron cakes and cream which, when made in the old-fashioned way (without a "separator"), is unique in flavour, richness and delicacy. It is also from the West Country that come Raw Fry, Squab Pie and Devonshire fried potatoes; they are only common dishes, but characteristic and really exceedingly pleasant.

boiling salted water till quite tender. Then remove the cabbage, drain off all the water, season it and put it in a serving dish with the following sauce poured over : Put a tablespoonful of flour in a small saucepan with a good piece of butter and cook it a little, then add a little milk, salt and pepper. Bring to the boil, stirring constantly, add a little more butter, and if too thick more milk ; also, just before serving, some fresh cream.

CHOUX DE BRUXELLES À L'ITALIENNE

Brussel Sprouts

Wash and clean some Brussels sprouts, drain them well and cook them in boiling salted water on a quick fire for about a quarter of an hour. Meanwhile, put in a small saucepan a piece of butter the size of an egg, and a spoonful of flour and cook this for five minutes, stirring and mixing well ; add about a pint of milk, bring to the boil and let it thicken ; it is then time to add seasoning, a little grated nutmeg, the juice of a lemon and grated cheese. Then put your sprouts (well drained once more) in the sauce and cook a little more on a slow fire, bringing to the boil. Needless to say, it is no use being mean about the sauce, and the quantities given above, which would only do for a small quantity of sprouts should be increased accordingly.

CHOUX-FLEURS MAÎTRE D'HOTEL

Cauliflower

Cook the cauliflower in boiling water with salt, and when almost cooked remove it, strain

carefully, and let the cauliflower dry in front of the fire for a few minutes. Melt a piece of butter in a *casserole*, add a little water, and bring to the boil. Break the cauliflower into little pieces, taking care that they are not squashed, and place them in the *casserole*. Season and bake in a moderate oven for ten minutes, after which sprinkle with chopped parsley and serve.

CHOUX-FLEURS FRITS I.

Prepare and boil the cauliflower in the usual manner but remove it before it is too soft; break it into pieces and soak these for about a quarter of an hour in half cold water, half vinegar, salt and pepper. Dip the pieces in a batter and fry them in the ordinary way. A tablespoonful of olive oil added to the batter two hours before it is to be used is a considerable improvement.

CHOUX-FLEURS FRITS II.

Boil a good-sized cauliflower in salted water, and when it is nearly cooked remove it carefully and dry it in front of the fire. Then break off the top into little pieces, and fry them in butter until nicely browned. Sprinkle with salt and pepper. Add a few lumps of butter and serve at once.

PURÉE DE NAVETS

Mashed Turnips

Peel and wash five or six turnips and cook them in boiling salted water; drain them well

first, chop and then mash them well with a fork. Melt a good piece of butter in a frying pan, add the turnips, well seasoned, and fry them for a few minutes, stirring well. You may add a little Devonshire cream just before serving; it gives a pleasant mellow flavour to the turnips.

CAROTTES NOUVELLES A LA POULETTE

New Carrots

Take some small new carrots, scrape them lightly, and cook them in salted boiling water; drain them well and keep them hot. Put in a saucepan a piece of butter the size of an egg and a tablespoonful of flour; cook this a few minutes and see there are no lumps. Then add a glass of water, a little milk, salt and pepper, and cook the sauce about a quarter of an hour. Just before serving stir in a yolk of egg, a little cream and chopped parsley, and pour it over the carrots. Needless to say the sauce must not reach the boiling-point after the addition of the yolk of egg.

FRICASSÉE DE CAROTTES I.

Scrape some small young carrots and wash them well. Melt a good piece of butter in a frying pan; when fairly hot put in the carrots and cook, shaking and turning them occasionally. When they are about three quarters cooked add a rasher of bacon, cut in very small pieces, and chopped parsley. Sprinkle with salt before serving.

FRICASSÉE DE CAROTTES II.

Take a dozen smallish carrots, scrape and wash them well and cook them in boiling salted water. When they are tender remove and drain them well. Melt some butter in a saucepan, add two onions finely chopped and brown them; add the carrots cut in pieces and sprinkle them with flour; when it becomes brownish add stock (not too much, it should be a fairly dry dish), salt, pepper and a little chopped parsley; simmer for about a quarter of an hour and serve.

PETITS POIS AU LARD

Peas with Bacon

Cut in small dice two rashers of streaky bacon, put them in a saucepan with a few small onions (the "button" kind), add a pinch of flour, then a tablespoonful of good beef stock, a glass of water, salt and pepper, bring to the boil, after which put in the peas to be cooked till tender. Serve very hot and without removing either onions or bacon.

FÈVES MAÎTRE D'HOTEL

Broad Beans

Take some broad beans (they should be young and tender) and throw them in salted boiling water, to which you add a *bouquet* composed of the heart of a lettuce, parsley, and one small onion. Cook on a quick fire and drain well. Put in a saucepan a good piece of butter, a

tablespoonful of the water in which the beans have cooked, salt, pepper; bring to the boil, put in the beans and go on cooking for a few minutes. Just before serving add a little more butter, a teaspoonful of cream and chopped parsley.

HARICOTS BLANCS PÉRIGOURDINE

Take some new haricot beans (the white kind is the best), shell them, and cook them in boiling water with salt and a *bouquet* of thyme and parsley. When they are nearly cooked throw away some of the water in which they were cooked and put in a little tomato purée, or better still, a few fresh tomatoes (previously cooked in butter and passed through a sieve), and let the whole thing cook slowly a little more. See that it is properly seasoned and remove the *bouquet* before serving.

HARICOTS ROUGE BOURGUIGNONNE

Wash and soak some red haricot beans, put in a saucepan one carrot, one onion, a piece of streaky pickled pork, and a good piece of butter. Brown well on a moderate fire, then add a good glass of claret, a teacupful of beef stock, salt, pepper, *bouquet*, the haricot beans and just enough water to cover them if necessary. Bring to the boil, and let it simmer actually for hours. Before serving cut the pork in small pieces, remove *bouquet*, carrot and onion. Some people let this cook slowly(with the lid on) in the oven for a whole day.

HARICOTS MANGE-TOUT

Take some fresh haricot beans of the kind called *mange-tout*, the pod of which is still tender, although the bean has reached its normal size. Break off the ends, removing at the same time the stringy parts, then break them in two and wash them well. Prepare a saucepan of boiling water (with salt and a *bouquet* of parsley and thyme), throw your haricots in this and add to it the juice of some tomatoes (four to a pound of *mange-tout*), cooked in very little water and squeezed through a sieve. Let it reduce a good deal, and just before serving add a piece of fresh butter.

In the south of France, instead of adding butter they add a small amount of bacon, parsley and garlic finely chopped together. The taste is delicious. But it must be remembered, if trying this Southern way, that the garlic which grows in the North is much more powerful than the one from the South, and very little of it is sufficient to give it the right taste.

HARICOTS VERTS À LA LANDAISE

French Beans

Take a sufficient quantity of French beans and cook them in boiling salted water. When they are quite soft strain them thoroughly, and let them get cold. Then melt some butter in a frying pan, add the beans and some grated cheese, a mixture of Gruyère and Parmesan being the best. Fry the beans for a few minutes, and serve very hot. This dish should really be

made with the *mange-tout* kind of bean, but as they are difficult to get in London the others make a good substitute, especially if you add a few haricot beans to the others in the frying pan, having, of course, soaked and boiled them before.

HARICOT VERTS A LA CRÉME

Do not cut the French beans after the English fashion, but break both ends, tearing off the part which is "stringy" and throw them in boiling water with salt and pepper. When cooked (they should be quite firm still) drain them well and keep them hot.

Meanwhile you have cooked a wineglassful of red wine vinegar till reduced by one third, and also removed it from the fire. Now, in another small saucepan mix some cream and the yolks of two eggs; cook this over a slow fire till it just begins to thicken, adding the vinegar little by little and stirring all the time. Pour this mixture over the French beans, mix well, season, add chopped parsley and cook for a few minutes more. Squeeze a quarter of a lemon over it just before serving.

EPINARDS AU GRATIN

Spinach

Take some spinach; wash and clean them well and cook them in salted boiling water; drain them well and put them in a fireproof dish with a good piece of butter, salt and pepper.

Take about a quarter of a pound of mushrooms, peel them and cook them in a small saucepan, with water, a little vinegar and a

small piece of butter. When cooked, chop them very fine. Add a teaspoonful of flour, a liqueur glassful of sherry and a tumblerful of milk. Cook for about twenty minutes, add a little cream if you like.

Pour this over the spinach, sprinkle with breadcrumbs and grated cheese, with here and there a few small pieces of butter, and brown in the oven.

EPINARDS EN BRANCHE

Choose the finest leaves of spinach, roll a few together and tie them lightly with thread. Cook them in salted water, drain them well, remove the thread, but try to keep them whole. Pour melted butter over them, season and serve at once.

LAITUES AU FOUR

Baked Lettuce

Take some lettuces and remove the outside green leaves. Throw them in salted boiling water and cook for a few minutes. Remove most of the water and finish cooking in a closed dish on a slow fire. Drain well and put them in a buttered fireproof dish, cover with a *béchamel* sauce, sprinkle with breadcrumbs and brown in the oven.

PURÉE DE CHICORÉE

Chicory [1]

As salad reduces to next to nothing in cooking, it is advisable to allow one chicory for each person ; wash it well, remove the outside leaves, and cook it for about half an hour in boiling

1. The green curly kind used for salads.

water; put it under the cold tap and drain it well, chop it very fine. Prepare a *roux* in a saucepan, add the chicory, salt and pepper, and cook it on a slow fire for about a quarter of an hour. Add, one by one, a few small pieces of butter, then a little fresh cream, and serve either with fried bread or poached eggs over it. It makes a good *entrée* for luncheon.

CROQUETTES DE CÉLÉRI

This is a very pleasant and useful way of serving celery, when though "in" it is not nice and white enough for eating raw. Wash and clean the celery in salted water, dry it well in a cloth, cut it in small pieces and cook it in boiling water, on a quick fire, for about a quarter of an hour. Drain it well and chop it fine. Then put it again in just enough water to cover it and boil it for about three-quarters of an hour under a buttered paper. Make a *roux* with flour and butter, add, little by little, about a cupful of hot milk, salt and pepper and cook till fairly thick, add the chopped celery and cook a little more. Then bind it with a yolk of egg (or two according to the amount of sauce made and celery used). Let it get cold; it should then have the consistency of batter. Make little fritters, roll them in whipped egg, sprinkle with breadcrumbs and fry in very hot fat.

CRONES DU JAPON

Japanese Artichokes

Once they are well scraped and washed, fry them in butter until they are a nice golden colour.

Drain them well, sprinkle with salt and serve at once. They can also be boiled like salsify and served with a sauce blanche to which you add a little chopped parsley and lemon juice or wine vinegar.

ASPERGES GRATINÉES

Scrape and wash some green asparagus and cook them in salted boiling water. Prepare in a small saucepan the classical mixture of butter and flour, cook it a few minutes, add milk, let it thicken and pour it over the asparagus (using only the tender green part, cut in small pieces) in a fireproof dish. Sprinkle well with grated cheese (Parmesan and Gruyère mixed in equal parts) and brown in the oven.

Asparagus tips are also very good cooked *à la poulette* in the manner described for young carrots.

ASPERGES A LA ROYALE

Cut the tips of a bundle of small green asparagus, cook them in salted water, drain them well and pass them through a sieve to obtain a *purée*. Put in a small saucepan a piece of butter the size of a walnut, and a puddingspoonful of flour; mix well, add half a tumblerful of milk, salt, pepper and a little nutmeg. Bring to the boil, whipping all the time, put in the *purée* of asparagus and a little more butter. Let it simmer a little while and serve in a sauceboat as an accompaniment to large asparagus boiled in salted water.

ENDIVES POCHÉES MEUNIERE

This useful vegetable is with us for many months of the year; it is equally delightful raw *en salade* or cooked either *au jus* or *nature* or *maître d'hôtel.* It is better still done in the following manner, which must be scrupulously followed if complete success is desired: remove the outside leaves and wash the endives in cold water, put them flat in a fireproof dish with boiling water only up to a third of their height, add a little salt, the juice of a lemon and a small piece of butter. Cook them for a few minutes and cover them with a buttered paper the same size as the dish, and go on cooking slowly till they are tender. Drain them well and cook them in butter in a frying pan. They should be golden but not brown. See that they are well seasoned, add a little more lemon juice if you like, and serve very hot. I should like to say once more that the endives for which this recipe is given are the real endives, the large white kind, usually called by English greengrocers "chicory" or "Belgian endives."

ENDIVES AU GRATIN

Having boiled your endives as described above, put them in a fireproof dish, sprinkle with salt and lemon juice and cover them with a Béchamel sauce in which has been incorporated during the cooking grated cheese. Sprinkle with a good deal of grated cheese and brown in the oven.

SOUFFLÉ DE POTIRON

Pumpkin Soufflé

Pumpkin—which is used by fairies to make coaches for Cinderellas and by the French peasants for soups—is, if properly treated, a delicious vegetable; *en soufflé* it is at its best. Take a pound of pumpkin, peel and clean it and put it in a saucepan with a tumblerful of salted water; cook it for half an hour on a moderate fire, after which drain it well and mash it through a fine sieve. Add little by little about two tablespoonfuls of flour and a glass of milk; mix well, and add to the mixture first about one ounce of butter and three tablespoonfuls of castor sugar (or more, according to taste), then the yolks of two eggs mixed with two teaspoonsfuls of kirsch (or brandy), and last the two whites well whipped. Put the mixture in a well-buttered fireproof dish, sprinkle with sugar and cook in a moderate oven for about twenty minutes. Serve immediately.

POTIRON GRATINÉ AU LARD

Take four large slices of pumpkin, peel them, and carefully scrape away all the pips. Then boil the vegetable in water with plenty of salt. When cooked, remove it, draining off all the water and drying it in front of the fire. Then mash it well, adding pepper, and more salt if necessary. Meanwhile, some thin rashers of streaky bacon should have been crisply fried and broken into little pieces. When these ingredients are prepared, take a well-buttered fireproof dish and fill it with alternate layers of pumpkin and pieces of bacon. Pour over the dish the fat

obtained from frying the bacon, and sprinkle with breadcrumbs. Bake in a quick oven until nicely browned.

COURGES FARCIES

Stuffed Marrow

Cut the marrows in half (the small green ones are better for this dish) and boil them in salted water until they are quite tender. Meanwhile the following mixture should have been prepared. Fry one or two tomatoes in butter and mash them with some grated cheese, a cupful of pork sausage meat, salt and pepper. Stir well and stuff the marrows with the mixture, then sprinkle them with breadcrumbs, add a few little pieces of butter, and bake them in a quick oven until nicely browned.

CONCOMBRES

Cucumbers

Cucumbers are delicious when properly cooked. They should be cut in four or six pieces, peeled, cooked in hot water with salt and a little vinegar for about ten or fifteen minutes, and served with either a sauce *à la poulette* or *maître d'hôtel* (chopped parsley cooked with butter and lemon juice). They are very good cut in thin slices and fried.

CONCOMBRES AU JUS

Peel and cut the cucumbers as above, place them raw in a dish, sprinkle them with salt and add a few slices of onion. An hour later remove

the onions and drain the cucumbers, which you place in a saucepan over a bed of fat bacon, on a slow fire. Meanwhile, make a brown *roux* (flour and butter cooked as above but to the browning point, and the addition of stock and a little tomato sauce instead of water or milk), pour this over the cucumbers which should be cooked about half an hour on a slow fire. Serve the sauce, passed through a sieve, over the cucumbers.

CONCOMBRES AU BLANC

Take some cucumbers, peel them, cut them in two and remove the seeds, then cut them in pieces about two inches long and cook them in boiling water (with salt and a little wine vinegar) for about one hour. Drain them well and be careful not to break them. Put in a saucepan a good piece of butter and a tablespoonful of flour; cook a few minutes, stirring well with a wooden spoon; add a glass of boiling water, salt and pepper, and boil this a few minutes till the sauce is the proper consistency, put in the pieces of cucumber, chopped parsley, a drop of lemon, bind with two yolks of eggs and serve at once. Some people use milk instead of water, and the addition of fresh cream at the last minute is very pleasant, though not necessary.

CONCOMBRES FARCIS

Peel some cucumbers, cut them in two or three pieces according to size, scoop out the inside, which you fill with a mixture made of a little cucumber flesh, one onion, one rasher of bacon,

a few mushrooms, one tomato, breadcrumbs, salt and pepper, all finely chopped together and cooked in butter. Place the cucumbers on a bed of bacon rind, onions and tomatoes in a fireproof dish, add meat stock, and cook on a moderate fire, finishing in the oven. Serve when the flesh is soft in an entrée dish, and pour over them the gravy through a sieve.

FARCE AUX MARRONS

Chestnut Stuffing

This stuffing is remarkably good for roast goose or duck. Take a quarter of a pound of onions, cut them in thin slices and cook them slowly in pork fat or butter till golden brown. Peel about a pound of chestnuts (both skins should be carefully removed), add them to the onions, also salt, pepper and a little more fat or butter. Cook very slowly till the chestnuts are reduced to a pulp and stir well before stuffing the bird.

AUBERGINES FRITES

This vegetable is not as well known in England as it is in other countries, though it can be obtained in London. In France the "aubergine" is a favourite vegetable, as it also is in tropical countries, where it is generally known as the "garden egg." The following recipe is one of the best methods of cooking the egg plant :—

Remove the skin and cut the vegetable into very thin slices. Then prepare a batter as follows : Beat together two eggs and add half a teacupful of flour. Mix well so that the paste is

quite smooth, and add salt and pepper. Dip each slice of egg plant in the batter and fry in boiling lard until each fritter is brown and crisp. Serve very hot.

AUBERGINES SAUTÉES. I

This is a pleasant change from the classical stuffed *aubergines* or the plain fried ones. Cut them in thin slices, sprinkle them with salt and leave them on a plate for an hour or so. This will bring out the water they contain. Drain them well, fry them in a mixture of oil and pork fat, and keep them hot. Then cut a few tomatoes in quarters, fry them in very little of the same mixture, till soft, pass through a sieve and pour the sauce thus obtained over your *aubergines*. Cook the whole a few minutes longer, add pepper (more salt will not be necessary) and serve very hot.

AUBERGINES SAUTÉES. II

Clean them, and cut them into pieces about two inches thick. Put a teacupful of olive oil in a frying pan, warm it, and put in the egg plant: fry them until they are a golden colour, and add a shallot, some parsley, and a tablespoonful of breadcrumbs. Let this fry for two or three minutes more, shaking the pan all the time.

SOUFFLÉ DE FONDS D'ARTICHAUTS

Take about half a dozen artichokes (according to the size), remove all leaves, and leave only the heart, put them in cold water with a pinch of

salt and what is known as "a drop" of wine vinegar, bring to the boil, and cook about ten minutes. Drain them well, and finish cooking them in good beef stock. (They must be well cooked.) Drain again and pass them through a fine sieve. Put them in a saucepan with a little *béchamel* sauce, salt and pepper, a small piece of butter, a little grated nutmeg and a tablespoonful of cream. Add to this the whites of three eggs whipped to a stiff froth and slightly salted, put the mixture in a *soufflé* dish, and bake like any other *soufflé*—that is, about sixteen minutes. Serve at once.

This dish could also be made with the other artichokes so dear to English households: I mean the ones which have no connection either with artichokes or with Jerusalem. But of course it would not compare with the real article.

ARTICHAUTS À LA BARIGOULE

Take some artichokes, cut off three-quarters of the leaves and remove the smaller ones which are near the stalk. Put them in boiling water and cook them about ten minutes. Remove them and dip them in cold water. Then remove all the inside, leaving only the heart and the outer circles of leaves, and fill them with a mixture prepared as follows:—

Put in a saucepan one onion, one shallot and a few mushrooms very finely chopped, a piece of butter the size of a small egg, a little olive oil and cook on a moderate fire about ten minutes; then add parsley and a rasher of bacon chopped together, salt and pepper, a "drop" of white

wine, a tablespoonful of beef stock, a teaspoonful of *purée* of tomatoes.

Fill the artichokes with this mixture; place over each a very thin rasher of bacon and tie them with some thread.

Put in a fireproof dish pieces of carrots and onions, one bay leaf, and whatever scraps of meat and small bones you have by you; add a tablespoonful of beef stock. Place your artichokes on this bed and bring to the boil, keeping the dish covered. Put it aside a few minutes, remove the lid, baste the artichokes, cover them with oiled paper and finish cooking in a moderate oven, basting occasionally.

When ready, remove the strings and bacon. Serve the artichokes covered with gravy obtained by squashing through a sieve all the ingredients in which they have cooked.

I should like to add that this dish—which dates from the end of the XVIIIth century—is far more complicated to describe than to make; in any case, it is well worth the trouble.

MALTESE CURRY

This is a dish for those who like onions, though when perfectly prepared the flavour of these is so blended with the other things that the existence of the onions is almost undiscoverable. Peel one pound and a half of onions and one pound of tomatoes. First fry the onions, cut in pieces, until well browned, in bacon fat—no other fat will produce the desired flavour—then add the tomatoes. When thoroughly cooked add salt and pepper and two or three

tablespoonfuls of curry powder. Mix it all well together and add a cupful of water. Cook slowly for one hour and a half. (It is a dry curry; there should be no liquid at the end of the cooking). Add one peach, two apricots cut in slices (or apples, or bananas) one or two sweet peppers if you like, and half an ounce of castor sugar. Cook quickly for ten minutes. If too dry add a little cream or milk, and just before serving break in three or four eggs and mix well with the curry, stirring very quickly so that there is no visible sign of the eggs in the dish.

The result is a rich brown curry, at the same time hot and sweet, dry and soft, and better than any curry you can get in India or anywhere else.[1]

SALADE RHÉNANE

This salad is usually served as *hors d'œuvre*. Chop together: two smoked fillets of herring, two cold boiled potatoes, one apple, a slice of roast veal or the wing of a roast chicken (also cold), a piece of beetroot, the heart of a lettuce, two or three gherkins and a few capers. Season with olive oil, red wine vinegar, salt and freshly ground pepper.

SALADE DE CONCOMBRES AUX ŒUFS DURS

Take a good sized cucumber, peel it, cut it in very thin slices and put them in a flat dish; sprinkle with a good deal of salt and let it rest

1. So people tell me. I have never tasted real Indian curry—except in London.

for about one hour and a half. The salt draws the moisture out of the cucumber, making it tender and digestible. Throw away the water which has come out and wash the slices of cucumber in water, otherwise they are likely to be too salt. Then dry them.

By then your hard-boiled eggs should be ready; that is, cooked and cold. (Do not forget after they have been boiled to put them in cold water, otherwise the shell will be difficult to remove). Cut them in quarters and put aside two-thirds of the yolks; these you crush with a fork and add to the salad dressing, which should be made as follows: melt the salt in the vinegar (red wine vinegar, of course), add pepper, oil (the best olive oil, of course) in the proportion of three tablespoonfuls of oil to two of vinegar. Beat all this well with the cucumber and hard-boiled eggs. Put the mixture in a salad bowl and dispose round it the white leaves from the hearts of several lettuces, over which you squeeze a little juice out of a lemon.

It should be rememberd that the lettuce, having been well washed, must be equally well dried. Many good salads are spoilt by leaving the leaves wet with water. The best way is to use the wire basket specially made for that purpose; or failing that, shake the leaves lightly in a thin dry cloth.

SALADE DE POMMES AUX ŒUFS DURS

Boil, in their skins, about one pound of potatoes. It is essential to use the long yellow kind known as Dutch potatoes, the ordinary ones

being too floury for salad. Peel them and let them get cold. Also have some hard-boiled eggs, four being a good proportion for a pound of potatoes. Make the dressing as follows: salt and pepper, two tablespoonsfuls of wine vinegar, three and a half of best olive oil, chopped chervil and chives. Pound the yolks in this dressing, cut the whites in small pieces, the potatoes in thin slices and mix well. You can vary this salad *à l'infini* by adding chopped gherkins, fillets of anchovy, spring onions, cucumber or cold asparagus tips; but any kind of green salad should be avoided, as it would get withered and yellow.

POMMES EN SALADE

Peel and remove the cores from as many apples as may be required, and cut them into slices about half an inch thick. Then shell half a pound of whatever nuts are in season and chop them into little pieces. Add a little chopped onion and parsley, and mix altogether with some pepper. Place in a salad bowl and pour over a mayonnaise sauce.

SALADE DE PISSENLIT AUX BETTERAVES

If you have a garden you can easily grow dandelions. In fact you cannot help their growing. Cover them with a flat stone or a tile and they will get beautifully white. If you have not got a garden you can buy them in odd shops in London. Use only the hearts, add about same quantity of beetroot and dress with

plain oil and vinegar, salt and pepper. It is really a very good winter salad, though it is not much thought of in England.

I have the evidence in front of me; overpowering, laconical, badly printed evidence; not the evidence of scientific books or literary treatises, but that of two unbiassed popular dictionaries. I have looked up the same plant in both languages, "*pissenlit*" which is in English "dandelion." The French dictionary, true to the racial characteristics says: "*genre de composées qui se mangent en salade*"; but the English work, sharply and scornfully brushes aside the dandelion; "a common plant with a yellow flower."

SWEETS AND JAMS

SWEETS

Sweets are a comparatively modern invention. "Our ancestors sweetened and garnished all with Honey, of which there are some remains: In *Windsor Bowls*, Baron *Brack* and large *simnels* sent for presents from Lichfield." In the treatise of Apicius Cielius, probably the earliest work on cookery known (and what we have of it is as apocryphal as parts of the "Satyricon") according to Dr. Lister, "*médecin Gourmand d' une reine Gourmande*"[1] and commentator of Apicius, the fifth book "is of Pease Porridge, under which are included Frumentary, Watergruel, Milk Porridge, Flumary, Stirabout and the like," which seems a very dull collection of sweets. Though it may be said that sweets are apt to be dull unless they are of a complication which is even worse than dullness. Puzzles are out of place at the dinner table and the choice of a sweet is conducive to extreme perplexity.

All the following are of the simplest kind, and I have purposely refrained from including in this chapter any of those dishes of unrecognisable flavour which look like an imitation of something else, and these terribly strenuous *pièces montées* complicated, marvellous, awe-inspiring, jellified

1. Queen Ann.

and crystallised, which are as difficult to make as they are to eat.

COMPÔTE DE POMMES A L'ANANAS

Compote of Apples

Peel and cut your apples in quarters in the ordinary way and cook them in cold water, the proportions to be about two pounds of apples, a tumblerful of water and a handful of lump sugar (more if the apples are very sour) to four or five people. By the time they are quite soft there should be very little water left, if any; add a piece of butter the size of an egg, and cook a few minutes more. Then remove the compôte from the fire, add two tablespoonfuls of pineapple jam, mix well and put the mixture in a serving dish. Serve very cold.

COMPÔTE DE POMMES AU CARAMEL

Peel and cut in quarters some cooking apples and cook them in a tumblerful of water with half a vanilla pod, and about a quarter of a pound of sugar. When they are reduced to a pulp, add a good piece of butter, a tablespoonful of apricot jam, remove the vanilla pod (which can be washed in cold water and used again several times), and let the compote cool in a dish. Melt some sugar in a small saucepan till it becomes caramel, add a little water and pour it over the apples so as to cover the whole surface. Serve very cold.

COMPÔTE DE POMMES AUX MARRONS

Prepare the apples as above, and when cold add three tablespoonfuls of chestnut jam or (if

this is not available) one pound of steamed chestnuts mashed through a sieve. Mix well. Whipped cream flavoured with vanilla or orange goes well with this.

POMMES À LA NEIGE

Take some good eating apples, peel them, put them into a fireproof dish with sugar, a little water, and a piece of butter. Cook them in the oven until they are soft. Then add a little kirsch and let the apples cool. Beat the whites of four eggs until very stiff, adding sugar and some whipped cream, and cover the apples with this mixture. Sprinkle with soft white sugar and serve.

POIRES AU FOUR

Baked Pears

Take some fine sound pears, wash them, put them whole in a fireproof dish—they should stand in about half an inch of sugared water, and cook them very slowly in the oven until they are quite soft. By that time they will look quite "bloated" and just a little shrivelled after a few minutes exposure to the air.

Take also another pear, peel it, cut it in quarters, and cook it in water to which you have added a sufficiency of sugar so that it becomes a thick syrup when cold. When the water is sufficiently reduced and flavoured, add a sherry glass of Cointreau or Grand Marnier and cook it a little more. Then pour the syrup through a muslin over your pears, mix it well with whatever juice may be already in the dish, put back

in the oven for a few minutes, and put away to cool. Serve quite cold.

It is also very pleasant to put in, instead of liqueur, a portglassful of good claret.

PÊCHES BARBARA

Peaches

Take some fine peaches, peel them, cut them in half, and cook them in water and sugar (and half a vanilla pod) till they are soft. The water should just cover them. When they are cooked, remove them, add a liqueur glassful of Grand Marnier to the juice, and go on cooking it till it is reduced to the consistency of thick syrup. Then remove the vanilla pod and let the syrup get tepid.

Dispose the peaches in a hollow dish all round, and fill the centre with tomato jam, pour over the peaches the syrup, and "drape" them with cream flavoured with *eau-de-vie de framboises* (or kirschwasser), whipped to a stiff froth, and sprinkle over the cream crushed pistachio nuts.

The whipped cream to be done in the following manner: First beat a white of egg, then add fresh cream (about one shillingsworth for four people), whip till stiff, add the flavouring, whip a little more, then, and only then, add the castor sugar; mix it well in but do not whip any more. Let the mixture rest half-an-hour in a cool place; dispose it over the peaches, sprinkle with the crushed nuts, and keep on ice till wanted. If you have no tomato jam (which seems incredible) you may use quince jelly. You can treat pears in the same way.

MARMELADE DE PRUNEAUX

Soak the prunes for twenty-four hours in water, then put them in a saucepan with cold water, bring to the boil, and cook for a few minutes. Throw away about half the water, and add about a pint of claret, sugar and half a vanilla pod. Cook very slowly for about two hours. Then remove the stones, pass the prunes through a fine sieve, and add some of the syrup so that the marmalade has the right consistency. Put it in a deep dish, stand it on ice for at least one hour, and serve very cold. This sweet is very easy to make, quite cheap (the claret need not be a fine vintage), and really delicious. You can serve with it either whipped cream or French "biscuits *à la cuiller*," or both.

CROÛTE AUX FRUITS

This pleasant dish is easy to make and very effective. It can be simplified by buying the *brioche* ready made at one of the many French *pâtisseries* in town; I am, however, giving the recipe for the *brioche* itself, as it seems a pity not to have it home-made in a country where most cooks make quite exceptionally good pastry.

First stew some apples in very little water, and sugar, till reduced to a pulp; also stew some pears cored and cut in halves in water flavoured with half a vanilla pod till they are soft (they should keep their shape); also chop very fine a few slices of pineapple. Mix together the chopped pineapple, the mashed apples, a tablespoonful of apricot jam, castor sugar, and add a port-glassful of good brandy. Fry slices of *brioche* in butter till they are nicely browned and

crisp; put them standing up all round a soufflé dish; fill it half way up with your mashed fruit; dispose the pears over it; sprinkle freely with castor sugar, add a few breadcrumbs and brown in the oven. It should be served *flambé* with brandy. It is, by the way, advisable in these days of 30 under proof spirits to warm the brandy before lighting it, otherwise it may not burn—a tragic failure on the dining table.

Brioche.—To make the batter for the necessary *brioche*, use, say, one pound of flour and pass it through a fine sieve, take a quarter of it and make a heap on the board; melt, in the middle, a small quantity of yeast with lukewarm water; mix it gradually with the flour, adding water if necessary, so as to make a fairly firm mixture. Put it aside in a bowl, and keep it fairly warm.

Work the rest of the pound of flour with a pinch of salt, two of sugar, a quarter of a pound of butter (well worked) and six eggs. Mix and beat this well for about twenty minutes on the board. Flatten it, add the quarter of pound previously put aside, and put the whole thing away in a bowl sprinkled with flour; keep it at the same slightly warm temperature for six or seven hours; it should rise to double its original size. Then put it once more on the board, work it a little while, let it rest a few minutes, and bake your *brioche* in a very hot oven, the crown shape being the best for your purpose.

TARTELETTES BRETONNES

Line some little tins with pastry of the "short" kind, and fill them with the following mixture:

About twelve small potatoes freshly boiled and well mashed, and some sugar and a little milk to bind; then bake the tartelettes in a quick oven, and when they are cool paint them all over the top with whatever jam you may have.

GALETTES DE BLÉ NOIR

This dish is a great favourite both with the Bretons and with Americans, and I understand that the recipe for "buckwheat cakes" is very similar to the one for "*galettes de blé noir*." You mix in equal quantities, more or less, water milk and buckwheat flour and work it well together. Cook it in a frying pan as you do an ordinary pancake and serve it very hot with butter and sugar. The pancake should be fairly thin and the batter the consistency of thin cream.

FAR LORIENTAIS

This very simple *entremets de famille* is almost unknown and only made in that part of Brittany which lies between Quimper and Lorient. Although simple, it is considered rather difficult to make, but success is certain if these instructions are faithfully followed and if the milk is really hot and the oven kept very slow.

All that is wanted for four to six persons is: A pint and a third of milk, a quarter of a pound of sugar, a quarter of a pound of flour and two eggs. Mix together the flour, the sugar and the eggs till the mixture is absolutely smooth, and add little by little, stirring all the time, the milk, which must be almost boiling. Pour this on a buttered fireproof dish, (neither too deep nor too

flat), and put in a few fine raisins, or if you prefer, fat prunes, sliced and stoned. Cook in a very slow oven for one hour or a little more.

Is it necessary to add that the Bretons who use raisins think that their neighbours, who use prunes, do not know what cooking is and *vice versa*. This is as it should be, if one has any pride in one's cooking.

KANOUGA

Weigh two eggs in their shells, then have the same weight of sugar, of butter, and of grated chocolate. Melt the chocolate over the fire with very little water, then add in turn: the butter, the sugar, a tablespoonful of flour, the yolks of six eggs and their whites well whipped. Mix well and pour the mixture in a plain mould well buttered and cook *au bain-marie* for two hours and a half. It is preferable to prepare this sweet the day before and to keep it, in the mould, in a cool place. Serve either with whipped cream or with a rather thin custard flavoured with vanilla.

ILE FLOTTANTE

Take four eggs, beat the whites to a stiff froth, add four tablespoonfuls of castor sugar, put this in a tin mould previously coated with caramel and cook in the oven, *au bain-marie*, about twenty minutes. Make a liquid custard by boiling some milk flavoured with vanilla and sweetened, and adding the yolks, cooking on a slow fire till it thickens. Turn the whites out of the mould in a hollow dish, and pour the custard round it.

GÂTEAU AUX PISTACHES

First make a boiled custard slightly thicker than usual and flavour it with vanilla. Then work together in a bowl a quarter of a pound each of crushed pistachio nuts, butter, and soft sugar. Pour in the custard gradually, and stir well so that the ingredients are thoroughly mixed. Line a mould with thin sponge biscuits, and pour in the mixture; cover with more biscuits, put a weight on top, and place the mould in ice for an hour or so. It should be served very cold.

FRITTATÀ

One does not as a rule find many sweets in Malta, but this one, which is very popular with the Maltese, is a delightful and novel rendering of our "fritters." First make a batter with the following: Two ounces of flour, a quarter of a pound of butter, three ounces of coarse brown sugar, the yolks of four eggs, two liqueur glasses of brandy, half a pint of milk, and one tablespoonful of tomato jam. Mix well until the batter has reached the consistency of pancake batter. Then fry each frittata—half a teacup of batter for each—until very crisp. Drain off the fat well and sprinkle with brown sugar. Serve cold. They are especially delicious served with Devonshire cream.

TARTE PORTUGAISE

For this tart the pastry must be "short." When you have made your paste, cover the bottom and sides of a thin dish with it, having, of course, first buttered the dish. Put the dish

in the oven and bake until the pastry is half cooked. Meanwhile, prepare the following mixture: Take a quarter of a pound of ground rice, one ounce of powdered almonds, three ounces of soft white sugar, and mix them together with a little milk. Then break in two eggs and stir vigorously until the mixture is quite smooth, when it is ready to be spread over the pastry. Sprinkle with a few chopped almonds and bake in a quiet oven for ten to fifteen minutes.

GÂTEAUX DE POMMES DE TERRE

For these little cakes one may use any freshly boiled potatoes which are left over. Mash the potatoes, adding a little flour, a pinch of salt and some coarse brown sugar, using a quarter of a pound of sugar to one pound of potatoes. Then add a handful of sultanas and some chopped candied peel. Mix well and moisten with a little milk. Roll lightly with a rolling-pin and form into little cakes. Place these on a well-buttered dish and bake in a moderate oven until the cakes are well browned. Serve very hot with cream.

GALETTES AU RIZ

First make a batter as you would for pancakes, but a little thicker. Then mix in some rice cooked in milk and water, and sweeten to taste. Have ready some boiling lard in a frying-pan, and pour into it one spoonful at a time, cooking each little cake separately until it is nicely browned. Sprinkle them with soft sugar, and serve very hot and at once.

GÂTEAU DE RIZ EN MOULE

Put a quarter of a pound of well-cleaned rice in a saucepan with half a pint of milk, a quarter of a pound of sugar, and the grated rind of an orange. Boil slowly until the rice is soft. Then add two beaten eggs, stirring hard. Take a well-buttered mould and cover the bottom with grated toast. Pour the rice mixture into this and cook *au bain-marie* for three-quarters of an hour. Allow the mould to cool a little, and then turn the contents into a dish.

TIMBALES DE RIZ AUX FRUITS

Cook some rice first in water, then add milk, sugar, and half a vanilla pod. When cold, add two eggs well beaten and mix them well with the rice, remove the vanilla pod and put a layer of rice in little soufflé dishes (previously buttered) and then a layer of fruit; slices of pears cooked in claret, a few brandied cherries (stoned) or any other cooked fruit you may have, another layer of rice, and sprinkle castor sugar on the top. Cook in the oven. It should be set, yet creamy and well flavoured; it should not remind one of a nursery pudding.

GÂTEAU AU CHOCOLAT

The ingredients required for this simple sweet are: a quarter of a pound of grated chocolate, a quarter of a pound of castor sugar, two ounces of ground almonds, two ounces of butter, one ounce of flour and three eggs. The mould should be of the crown kind. Put the butter in a basin

and stir it till it becomes frothy, then add, in turn, first the yolks of the eggs, then the other ingredients, finishing by the whites whipped to a stiff froth. Butter some paper, put it in the mould, pour in the mixture and cook in a slow oven for about three-quarters of an hour.

LAIT CUIT À LA CRÈME

Fill a fireproof saucepan with milk and leave it about three days without even touching it; then skim it, cut it in square pieces (it has then the consistency of junket) and cook it on a very little fire for about two hours so that it does not get really hot. Let it get cold, put in a hollow dish and cover it with a mixture of cream and milk. This *laitage*, which does not seem to be very well known, has a rather special taste, and those who like it like it very much. As for those who do not . . .

PAIN DE GÊNES

This excellent cake will be useful either for tea or served with a *crème*. Peel half a pound of almonds (and five or six bitter ones), pound them well; add four eggs, one at a time, mix; then two tablespoonsfuls of ground rice, a piece of butter the size of an egg (it is advisable to cut it in small pieces) and about three tablespoonsfuls of castor sugar; mix well together, add a sherry-glassful of kirschwasser and mix well again. Prepare a tin lined with buttered paper—the flat kind for open tarts being the best shape—put in your batter and cook it in a hot oven for about twenty-five minutes; let it get cold before you take it out of the tin.

STRAWBERRY SHORTCAKE

Make a shortcake in the ordinary way, a little less than two inches thick, and, before it is quite cold, break it gently in two. Then mash the strawberries with a fork, add sufficient sugar and some Devonshire cream (about a quarter of a pound to a pound of strawberries), and mix well. Spread some of the mixture over the first layer of shortcake, put over this the second half of the cake, and cover the top with more of the mixture.

ŒUFS À LA REINE

For one pint of milk take six eggs, break them, and separate the yolks from the whites. Beat up the yolks and stir in the milk, adding sufficient soft white sugar. Pour this into a well-buttered soufflé dish and bake in a very slow oven until the eggs and milk have set. Meanwhile, the whites should have been whisked until very stiff with a little soft sugar. Pour over the set yolks and milk a glass of good sherry, allowing a few minutes for this to soak in. Then spread over the whisked whites and brown in a quicker part of the oven.

PLUM FOOL

This is an excellent method of making use of any stewed fruit which may have been left over, and is very good when made with plums.

Remove the stones from the cold, stewed plums, and then pass the fruit through a sieve into a dish. Add sufficient soft sugar, and then stir in some cream. The proportions should be a half quantity of cream to one of the fruit. Stir

well until the fruit and cream are thoroughly mixed. A little sherry or maraschino added will give a delightful flavour.

SALADE D'ORANGES

Take some of the freshest oranges you can get. Halve them and scoop out the insides. Carefully remove the pips and stringy parts and put the remainder in a mixing bowl. Then add some crushed strawberries and a few cherries. Mix with sufficient soft sugar and, if you like, a little maraschino. Fill each of the orange skins with the mixture and place on ice before serving.

SALADE D'ANANAS. I

Get a good-sized pineapple, as ripe as it is possible to get in England, and scoop out the flesh with a silver knife and fork; also cut in small quarters two grapefruit, being careful there is none of the inner skin left. Sprinkle with sugar and pour over it a port glassful of maraschino. Let it stand for at least half an hour on ice in a a hollow dish. You should, of course, be careful not to waste the juice which has come out of the fruits during the initial operation.

Serve well covered with the following *crème fouettée*: fresh cream, to which you have added castor sugar and maraschino whipped to a stiff consistency. This should be served very cold and, as Brillat-Savarin says when describing a dish, "*on verra merveilles.*"

SALADE D'ANANAS. II

The following fruits only should be used in this salad, the great point of which lies in the

blending of flavours: one medium-sized pineapple, three oranges, four bananas, the juice of half a lemon.

Scoop out the inside of the pineapple pulp with a silver fork. Peel the bananas and oranges, removing the pips and inner skins of the latter. Mash these also and mix with the pineapple. Take the kernel of a very small cocoanut and chop fine—do not use desicated cocoanut—and stir with the fruit until all is thoroughly mixed. Add two tablespoonfuls of soft white sugar and the juice of the lemon. Stir lightly with a fork. Place in a glass dish and pack in ice for two hours before serving.

ANANAS GLACÉ

Take a fine ripe pineapple and cut the top off, about two inches from the little trimming of leaves; scoop out all the flesh as neatly as possible, remove the hard parts, mix it with castor sugar and a portglassful of either kirschwasser or rum, or maraschino, according to taste, and put the mixture back in the pineapple, not forgetting to cut a slice off the bottom so that it can stand properly when you serve it. The pineapple should then remain about two hours, wrapped up in ice, with its top on.

FRAISES À LA CRÈME AU KIRSCH

This is the best of all the delightful ways of serving strawberries. Take a pound of strawberries, clean them and cut them in two with a silver or ivory knife (the look of the dish is not at all spoilt by this process, and the fruit gets

more evenly sweetened). Also get some cream and whip it well, add sugar, a liqueur glassful of kirsch, half a dozen squashed strawberries, which will give the cream a pale pink colouring, and whip again. Sprinkle the strawberries with more sugar, and mix well with the whipped cream. Stand the dish on ice for about one hour before serving.

FRAISES XENIA

Take a bottle of strawberries in brandy and also one pound of fresh strawberries; mash the latter with a fork, and put them in a dish, pouring over one half of the juice from the preserved fruit. Whip half a pint of cream with the white of an egg, add sugar and the rest of the juice, mixing lightly. Cover the mashed strawberries with this cream, and decorate it with the brandy strawberries. Place the dish on ice for two hours before it is to be eaten, and serve with gaufrettes.

BANANES AUX FRAMBOISES

For this sweet, use six of the small Canary bananas, peel them, and cut each into four parts. Place them in a glass bowl and serve with the following cream poured over: Mash half a pound of raspberries into a pulp, adding sufficient soft white sugar. Then whip half a pint of cream and mix with the raspberries. This sweet can also be served in the winter, when you can substitute your own home-made raspberry "preserve" for the fruit itself.

BANANES AU RHUM

Cut the bananas in slices, soak them in rum for one hour, put them in a well buttered fireproof dish, pour the rum over, sprinkle with sugar, stir lightly with a fork and bake in a moderate oven for twenty minutes. Serve hot or cold.

BANANES CRÉOLE

Put in half a pint of milk about eight lumps of sugar and bring to the boil; when cold stir in the yolks of two eggs. Peel six bananas and scoop out the flesh of two sweet oranges (the pith and skin having been carefully removed) mash this together, add a little castor sugar, and beat it well with a fork till foamy. Then add it to the milk, and add last, the whites whipped to froth. All this to be put in a *soufflé* dish, baked *au bain-marie* till set and brown, and served at once.

BEIGNETS D'ORANGE

Cut the fruit in slices and remove the pips and skin from each slice. Have ready some batter made as for pancakes, to which one liqueur glass of brandy has been added. Then melt some butter in an enamelled pan. Put the orange slices one at a time into a cup with two tablespoonfuls of the batter, pour the contents of the cup into the pan, and fry for a few minutes. Remove each fritter and let the fat drain off. When all the fritters are cooked, put them in a chafing dish and flambez them by pouring over two tablespoonfuls of brandy and setting light to it. Shake the dish so that each fritter has its share of the flaming brandy.

Serve the fritters immediately the flame has died down. They should really be flambé on the dinner table.

SOUFFLÉ AUX BANANES

Make a little *béchamel* sauce with well-sweetened milk perfumed with vanilla, and let it get cold; take four eggs, stir the yolks in, then add the whites well whipped and three bananas either cut in thin slices (or, better still, made into a frothy *purée*). Put the mixture in a *soufflé* dish and cook in the oven like any other *soufflé*, about twenty minutes.

SOUFFLÉ À L'ORANGE

Take four large, sweet oranges, remove the skin, pulp and seed, cut them into small pieces and put them in a *soufflé* dish with a tablespoonful of soft sugar. Then lightly beat the yolks of four eggs and mix them with the fruit. Add the four whites, which should have been beaten to a very stiff froth, and stir with a fork. Bake the *soufflé* in a quick oven for seven to ten minutes and serve immediately with cream.

SOUFFLÉ AU GINGEMBRE

Take four pieces of preserved ginger about the size of a matchbox, chop them finely, and place them in a *casserole* with some of the syrup in which they are preserved. Add a tablespoonful of cream, a piece of butter, and some soft white sugar. Let this all cook gently for a few minutes, and then remove from the fire. Add

the yolks of six eggs, beating the mixture with a fork, after which let it stand in a cool place for three-quarters of an hour. Whip the six whites and add them to the mixture, stirring all together lightly. Then pour it into a buttered *soufflé* dish, slip a thin knife once or twice round the inside of the dish and cook in a moderate oven for about fifteen minutes, when the *soufflé* should have become nicely browned. Sprinkle with sugar and serve immediately.

SOUFFLÉ CHINOIS

Chop very fine about two ounces of ginger, mix it with two tablespoonfuls of fresh pineapple or pineapple jam (or preserved pineapple as a last resource). Cook a puddingspoonful of ground rice in about half a pint of milk, slowly, till it thickens. Add the yolks of four eggs, castor sugar and cook a little more, also on a slow fire. Let this get cold, then add the mixture of ginger and pineapple and the whites of the eggs beaten to a stiff froth. Cook in a buttered *soufflé* dish in the ordinary way.

All these fruit *soufflés* can be done without milk and ground rice, in which case you melt the sugar with the fruit and the juice, use more whites of eggs and no yolks.

CRÊPES SUZETTE

Put in a basin half a pound of flour, make a hole in the middle of the heap, add a pinch of salt, a little sugar, three eggs, one after the other, a glass of rum, brandy or curacao ; mix well and

add warm water little by little till it is very smooth; let this rest three hours, then add a glass of fresh cream, mix well again; it should have the consistency of cream. Your batter is ready.

Put in a frying pan a very small piece of butter; when it is getting brown put in quickly a tablespoonful of the batter, move the pan so that it covers the whole bottom (it should be very thin) and cook on a quick fire, tossing once.

Melt in a silver dish over a spirit lamp a piece, the size of a walnut, of the special butter you have prepared beforehand (butter well worked with castor sugar and the juice of an orange), put in your pancake, a liqueur glassful of brandy and one of curacao, set it alight, *flambez* your pancake well, fold it in four, and serve at once.

Such is the recipe for this exquisite dish "The best in Paris"—to quote Mr. A. B. Walkley—"used to be at Paillard's. To a friend who tells me they are very good at the St. James's Club, I reply: almost thou persuadest me to become a diplomatist."[1]

PETITS POTS DE CRÈME

These recipes are from an XVIIIth century cookery book. Take enough milk to fill eight little pots, put in three ounces of sugar and whatever flavouring you like, bring it to the boil, and let it get cold. Mix well with six yolks (or eight, if they are small), and pass it through a fine hair sieve. Fill your pots and cook *au bain-*

1. I wish M. Boulestin had included a recipe for *Crêpes Suzette* (*The Times*, 25th July, 1922). Well, here it is now.

marie in the oven till the *crème* is set, about twenty minutes. You can flavour with all sorts of things—coffee, caramel, chocolate, vanilla, lemon, violet, pistacchio-nut, orange flowers, green tea, etc. You can also make it with plain black coffee, in which case it is advisable to pass several times through the sieve and to add one egg. Another curious way is to boil the coffee beans, freshly roasted and unground, with milk and cream, and let it grow cold, after which you add the eggs, prepare and cook as before. In the winter when the price of eggs is high,[1] you can, if you wish, use less yolks and stir in some whites, but never more than two, otherwise the *crème* would lose that softness which differentiates it from ordinary custard.

OMELETTE AU KUMMEL

Prepare the omelette in the ordinary way, and put in some tomato jam instead of ordinary jam. Place the omelette in a hot silver dish, sprinkle with sugar, using the rather coarse kind, and pass over it a red-hot salamander. Warm some kummel, pour it over the omelette, and set it alight. Be careful to keep the flame alive by stirring it with a spoon, otherwise the flavour of kummel will be overpowering ; prick the omelette occasionally with a fork. The flame must die out naturally in spite of your constantly stirring.

1. "Eggs is eggs and eggs is dear." (J. C. Squire).

JAMS

CONFITURES DE BANANES

The ingredients required are: one pound of ripe bananas, three cups of sweet orange juice, juice of one lemon, three quarters of a pound of white or brown sugar. Cut the bananas into slices one quarter-inch thick, add the sugar and the juice of oranges and lemon, boil slowly till it thickens and becomes a rich red colour. Care must be taken that the mixture does not catch.

GRAPEFRUIT MARMALADE

Take about four or five fruit, wash them well remove any black marks and take out the core and seeds. Do not remove the skin. Slice very thin, and to every three pounds of fruit add eight pints of water. Let it stand for twenty-four hours. Then throw off the water, add the same quantity of fresh, and boil till the chips are tender. Let it stand another twenty-four hours. Then weigh, and to every pound of juice allow one pound of granulated sugar. Boil the whole till it jellifies, and put in pots.

CONFITURE DE CITROUILLE. I

Take some pieces of pumpkin, peel and scrape them, removing the seeds; weigh the pieces. Put in a preserving pan half their weight of

sugar and a glass of white wine to each six pounds of sugar. Let this rest and melt an hour or so and add the pieces of vegetable; cook two hours, stirring well. Then add one orange to each pound of sugar (skin and pips removed), and cook another hour. Fill your pots.

CONFITURE DE CITROUILLE. II

This is another way of making pumpkin jam. Cook six good-sized apples in three pints of water; press them in a fine cloth and put the juice in a jug (there should be about two pints). Cook in a saucepan without water or sugar, on a very slow fire, two pounds of pumpkin (scraped and peeled as before) and add the apple-juice little by little. It should be flavoured with either vanilla or lemon, according to taste, and cooked for at least five hours.

CONFITURE DE COURGES

Take some vegetable marrow, remove the skin and scrape the inside, cut it in small cubes. Put these in a pan, sprinkle with Demerara sugar (about one pound of sugar to six pounds of marrow) and let it rest a day. The following day put the water, which has oozed out, in a stew-pan and add three-quarters of a pound of sugar to each pint of juice. Put also about one quarter of a pound of bruised ginger (tied in a muslin bag), one rind of lemon and two ounces of chopped candied peel. Boil all this fast for ten minutes, then add the cubes and cook slowly for three hours. Remove lemon rind and ginger before putting the jam in pots.

GELÉE DE POMMES

Crab-Apple Jelly

Get some crab-apples, wash them well and cook them whole. They should be well covered with water and boiled for at least one hour. Take a large piece of flannel, tie it to the four legs of a stool placed upside down and pour in this straining cloth the contents of your sauce-pan. Leave it entirely undisturbed so as to have the juice quite clear. As it may take about twelve hours, the best plan is to do the cooking in the evening and let it strain the whole night. To each pint of the juice obtained add three-quarters of a pound of sugar, flavour with a vanilla pod and cook so that it becomes a jelly when cold—which you can find out in the usual way: that is, by putting a drop of the liquid on a cold plate; if it jellifies after a second or two, it is cooked enough.

CONFITURE DE POIRES

Peel and cut the pears in four or eight sections according to size (they should be all of the same kind) and put them in cold water with a little lemon juice. Drain them, put them in a pre-serving pan with sugar (one pound and a half to each two pounds of pears). Start it on a very slow fire and stir well. Cook it for about twenty-five minutes after it has reached the boil-ing point; the time of cooking, of course, rather depends on the kind of pears you are using. This jam can be flavoured with cinnamon or vanilla.

SAVOURIES

It is always difficult to think of a new savoury—that is, one which is not either too banal or too freakish. Of course in French cooking there is no word to translate "savoury," no doubt because the corresponding dish simply does not exist. Yet, if one looks up old cookery books, books published say from about 1700—when cooking, emerging out of its grossness, became civilised and more subtle—up to about 1806, one finds under the heading *Entremets*, not only what are known now as "sweets" and "puddings," but practically all vegetable dishes (I mean the more elaborate ones, served separately, not the *garnitures* for meat courses), also a certain number of dishes having bacon, mushrooms or cheese as basis, and which really correspond to the English savoury.

These dishes are now used in France as *Entrées*, but there is no reason why in England they should not appear in their original place. It seems as if most of them were inspired by, or indeed copied from traditional dishes of the French provinces. There is about them an unmistakable "local" flavour.

CHAMPIGNONS AU LARD

Mushroom Patties

Wash and prepare some nice mushrooms and cook them in butter; also cook some very thin

slices of streaky bacon about the same size as your mushrooms; put each mushroom between two slices of bacon and enclose the whole in thin batter of the *feuilleté* type used for *vol-au-vent*, and bake in the oven.

CROÛTE AUX CHAMPIGNONS

Clean and peel the mushrooms and put them in cold water and vinegar. Put in a saucepan just enough water to cover them and put them in when the water is boiling. Five or six minutes are enough. Drain them well. Put in another saucepan a little butter and olive oil and cook the mushrooms in this mixture for a few minutes; add parsley and chives finely chopped, salt and pepper, and serve very hot.

CROQUE—MONSIEUR

Melt a piece of butter the size of a walnut in a saucepan, and add, before it gets brown, little by little, and stirring well, two tablespoonfuls of flour, then a teacup of boiling milk. Cook this mixture for a quarter of an hour, and let it rest ten minutes. Then add two eggs, pepper and salt, and a quarter of a pound of grated cheese, preferably Gruyère and Parmesan, mixed in equal quantities.

Cut small pieces of stale bread, about two inches square and half an inch thick, put on each a thin piece of lean ham and over it about a teaspoonful of the mixture previously described. Fry in very hot fat till golden brown (without turning them), drain well, sprinkle with a little

red pepper and serve at once. The best fat to use is that part of the beef fat which is round the kidney.

CRÊPES AU FROMAGE

Cheese Pancakes

Cook four or five pancakes and put them aside. Mix well together in a basin some Gruyère grated very fine, a little salt, a teaspoonful of sugar, and the yolks of four eggs. When the mixture is quite smooth, pour a tablespoonful over one pancake, then another pancake, and so on, finishing by a pancake. Cut in quarters and cook in butter. Cover with melted butter before serving.

The batter for the pancakes should be made in the following manner: Put in a basin a quarter of a pound of flour, make a hole in the middle, add a pinch of salt, two eggs, a liqueur glass of rum, mix well, and add warm water little by little, working the paste well till it is very smooth and the consistency of cream. Let it rest a few hours. To make the pancakes, put in a frying pan a small piece of butter; when it is brown put in quickly a tablespoonful of batter, move the pan so that it covers the whole bottom (it should be as thin as possible) and cook both sides, tossing it.

TARTE AUX OIGNONS. I.

Onion Tart

First make a light, flaky pastry and cook it until lightly browned in a round mould or a

fireproof dish. Then fry four rashers of thinly cut bacon so that they are very crisp and almost shrivelled up. Chop a few spring onions very fine and fry in the bacon fat until well browned.

Break the bacon into very small pieces and mix with the onions. Beat four eggs together and add half a pint of milk, salt and pepper. Then mix in the bacon and onions. Pour this into the pastry and cook very slowly in oven till the inside of tart is firm and the top nicely browned. This should be served immediately it comes from the oven.

TARTE AUX OIGNONS. II.

Cut two medium-sized onions in thin slices, cook them slowly in butter, and as soon as they are soft squash them through a sieve. Cook about one ounce and a half of flour in milk, put in the mashed onions, one egg well beaten, salt and a little cream ; pour all this in an open tart of a flaky kind and add a few small cubes of boiled smoked bacon. Bake for three-quarters of an hour in a slow oven.

TARTE AUX OIGNONS. III.

Cut in thin slices three or four large onions, put them in cold salted water and bring to the boil on a quick fire. When they have cooked a few minutes more, remove them and drain them well. Put in a pan a quarter of a pound of butter, and when hot put in the onions and cook slowly till they are a light brown colour. Then add three rashers of bacon cut very small and previously cooked in butter. Mix together and

put aside till only tepid. Also mix together three eggs, four tablespoonfuls of cream, and add this to the onions and bacon.

Prepare a thin pastry as above, bake it, then fill it with your mixture; pour over it melted butter, and bake the tart till set and golden. Serve very hot.

ŒUFS DURS AU FROMAGE. I.

Stuffed Eggs

Once your eggs are cooked and still hot, cut them in two, take out the yolks and mash them well with a little béchamel cream, a small piece of butter, grated cheese, seasoning, and one raw yolk of egg. Fill your eggs with this mixture and put them in a fireproof dish. Pour over them what is left of the mixture, sprinkle with more grated cheese and brown in the oven. Serve at once.

ŒUFS DURS AU FROMAGE. II.

Stuffed Eggs

Remove the shells from four cold hard-boiled eggs. Cut in half and take out the yolks, which should be mashed with grated Parmesan and Gruyère cheese in equal parts, salt, pepper, grated nutmeg, and one or two drops of lemon juice. Mix well together, moisten with a little milk, and fill the whites with the mixture. There should be enough of it to cover the sides of the eggs also, so as to give back the egg its original shape.

ŒUFS DURS AUX ANCHOIS

When the eggs are sufficiently boiled, put them in cold water until you are ready to use them. Shell and cut them in half, take out the yolks and stuff them with the following mixture well seasoned: Chop two fillets of anchovies and mash them with the yolks of the eggs, adding pepper, a little chopped parsley, and moistening with cream.

ŒUFS DURS AUX CHAMPIGNONS

Boil the eggs quickly for at least ten minutes and then place them in cold water. When quite cold remove the shells and cut each egg in half. Take out the yolks and mash them with some cream, add salt and pepper. Then chop a little parsley and some of the small French mushrooms of the "button" variety cooked in butter and cold. Mix this with the yolks and cream and fill the whites of the eggs with the mixture, keeping a little of it to spread on little pieces of thin, crisp toast on which you serve the eggs.

CÉLERI FARCI AU FROMAGE

Stuffed Celery

Get some nice white heads of celery, clean them well and remove the outer leaves. Open carefully the heart and stuff the hollow part of each leaf with Gorgonzola or Stilton mixed in equal parts with butter and well worked together. Press the ends of the leaves to give back the celery its natural shape, so that it looks as if it

were not stuffed at all. Put it flat on a dish, and, for serving, cut it across in slices about half an inch long.

MACARONI AU GRATIN

One may be inclined to treat this as a commonplace dish, but if care and a little trouble are taken it can be rendered by no means ordinary. First boil your macaroni and then place in a large mixing bowl. Beat three eggs and mix well with the macaroni. Add some grated Parmesan and Gruyère cheese mixed in equal proportions. Stir well, and add pepper and a quarter of a pound of cream. Butter a fireproof dish and put in the mixture, adding a few small lumps of butter, sprinkle with some more of the cheese, and bake until richly browned.

BANANES GRATINÉES

Melt some butter in a fireproof dish, add salt and a little paprika and cook it for a few minutes, stirring well; then put in some bananas, sprinkle with breadcrumbs and grated cheese (Gruyère and Parmesan mixed), add a few small pieces of butter here and there, and cook in the oven. One may like it or dislike it, but it is at least worth trying. It "grows" on some people like a bad habit.

POINTES D' ASPERGES À L'ITALIENNE

For this savoury one need only use the thin green asparagus. Cook them in salted boiling water, and then drain them well. Cut off the tops and place them in a buttered fireproof dish,

and sprinkle them with grated cheese, salt and pepper. Fill up the dish in the preceding manner, put a few extra lumps of butter on top, and brown in the oven or under the grill, or serve on toast, if you prefer.

It can also be prepared in a different way: when the asparagus tips are cooked, fry them lightly in butter, put them in a small saucepan with a well-flavoured Béchamel sauce; mix well, cook a few minutes; put on fried bread, sprinkle with grated cheese and brown in the oven or under a gas grill.

TARTINES HOLLANDAISES

Cut some stale brown bread in thin slices; and put on one slice a layer of a mixture of two or three kinds of cheese (Gorgonzola, Camembert, Cheddar) and butter, then another slice of bread, and so on till the cake is about three inches thick. Press it well, and serve it across in slices. (In Holland the bread used for this is very black, very moist, the shape of a brick, and made, I understand, of rye flour. When cut it looks like a chocolate cake with layers of cream.)

CRÈME AU LARD

Take about a quarter of a pound of grated cheese (gruyère preferably) a tumblerful of fresh cream and one beaten egg. Mix well together, add two thin rashers of bacon crisply fried and broken in very small pieces, fill with the mixture little soufflé dishes (one for each person), and cook in a moderate oven, about twenty minutes, till it is set and slightly browned.

FONDUE

The necessary ingredients for this traditional Swiss dish are eggs, gruyère and butter, though some people improve on it by adding slices of truffles, *sautées* in butter or gravy from roast fowl. The important thing is that the proportions are right: to the weight of the eggs, whatever it is, you must have a third of that weight of grated gruyère and a sixth of good butter. First whip the whites, add one by one the yolks, then the butter in small pieces and last the grated cheese. Put this in a saucepan, add salt and a good deal of freshly ground pepper; cook, stirring well all the time till the mixture is properly thickened. It should be smooth, thick like good cream, and served at once very hot.

EXOTIC DISHES

Every human being is, at heart, consciously or unconsciously, an explorer; but many of the potential explorers have neither the means nor the time to go round the world in search of new sensations. In 1900, the whole world came to Paris for the Exposition Universelle, and every country sent their best products and the things they were most proud of for the enrichment of the visitor's knowledge. Foodstuffs, of course, were given a prominent position, since food plays an important part in the life of a nation. And there were restaurants too, where you could taste the national dishes and beverages of most countries. In 1924, at Wembley, there was no chance of tasting interesting colonial dishes—which was a pity—and we had to be content with looking at exotic fruit and vegetables preserved for the unnatural purpose of exhibition only, in forbidding bottles, where were imprisoned all flavour and aroma.

There certainly is a special attraction in exotic cuisine. Indeed, it is often both delicious and unusual. It was very much in fashion about the year 1874 when Stéphane Mallarmé was writing, between the Faun and Herodiade, *créole* recipes in the *Dernière Mode*, under the pseudonyms of *Une dame créole* and *Olympe, négresse.* And they

ought to be the fashion again, at least in England; even the British Lion might, for one, give his favourite roast beef a rest and try a dish out of one of his tropical colonies. After all there are other things than curry over which the sun never sets.

For those who are not incurious or afraid of unusual food the following recipes, which are quite simple and very good, may be of some interest. They come from the West Indies, where the genuine old country food is remarkable. In many cases substitutes can easily be found in England for some of the vegetables.

BLACK POTATO SOUP

Take three large black potatoes and boil them in about one quart of water with a piece of streaky bacon, an onion stuck with two cloves, thyme, parsley and a bay leaf. Skim well and let the soup simmer for one hour, then remove the onion, seasoning and bacon; the latter can be used when cold. Mash the potatoes well and stir the soup thoroughly before serving.

GOONGOO PEAS SOUP

One quart of water, seasoning, one half-pint of dry goongoos, a quarter of a pound of salt beef or salt pork. Put the peas in cold water, and let them boil for two hours and a half with a sprig of thyme and a piece of skellion. Then rub through a colander till smooth and thick, and serve with sippets of dry toast. Add the salt pork about half an hour after the peas have been on the fire. (Small red beans can be used as

substitute for the peas, in which case they should be soaked for about twelve hours in the ordinary fashion.)

PURÉE OF SWEET POTATOES

Boil two or three large sweet potatoes in salted water, strain and mash them and put them in a clean saucepan with a piece of butter, salt and pepper. Stir well over the fire and add the grated flesh of half a small cocoanut and plenty of black pepper. Just before serving pour in sufficient milk to give the *purée* the consistency of thick cream and beat it for a minute with a fork.

STUFFED BREAD FRUIT

Take a nice "full" bread-fruit ("full" means just before it begins to get ripe), peel and parboil it whole in salted water. When cool, scoop out the core and a little of the fruit and fill with the mixture as follows :—

Mince a quarter of a pound of fresh pork with a thick slice of raw ham and some chopped shallot blades, thyme, black pepper, and any other seasoning liked. Fill the cavity with this dressing and place the bread-fruit in the oven to bake. It must be kept erect. When baked, press slightly, and butter while hot.

MANGO FOOL

Take six green mangoes and remove every particle of green peel, cut them into four, steep in clean water and throw stones away. Boil the fruit until perfectly tender, pulp and pass through a sieve. Sweeten to taste, and add very

gradually, stirring all the time, as much milk as will make it the consistency of thick custard. Set on ice and serve very cold. A little port wine much improves the flavour.

SAUCE MARTINIQUE

Take a tablespoonful of finely chopped green pepper and mix it with four tablespoonfuls of olive oil and two of wine vinegar. Add salt, black pepper and some chopped parsley. Put the sauce in a bottle and shake thoroughly before using. A similar sauce, called *Sauce Papa* comes from Reunion Islands, and another one, stronger still, with pounded red peppers, called *Mazavaro* from Mauritius Island.

CŒUR DE PALMIER

The *Cœur de palmier* is the terminal shoot of a certain palm tree and the most delicious of all the tropical delicacies. It only reaches us in tins, preserved "*au naturel*" and is served either as a salad, plainly dressed with oil and vinegar salt and pepper, or hot with one of the sauces used for asparagus.

GUAVA FOOL

Take some guava (not in Jelly form) pass it through a hair sieve, whip it well and add to it the syrup contained in the tin, also cream if you like and sugar to taste. Serve very cold.

"JAMAICAN COAT OF ARMS"

Rice treated in this manner is an unusual change from the ordinary methods and most

useful as an entrée. Wash and clean about one pound of rice well, and boil it so that when cooked it is not too soft. In fact each grain ought to be dry and separate from the rest. In another saucepan boil half a pound of small red beans. When both ingredients are ready proceed as follows: Take four large tomatoes, three onions, one plantain. Cut them in smallish pieces and fry in three ounces of butter till nicely brown. When this is done add the rice and the beans, salt and pepper, a small piece of butter, mixing the whole well with a fork. Cook it a few minutes more, and just before serving squeeze in the juice of half a lime, or, if unavailable, the juice of a lemon. Serve very hot.

The natives are inordinately fond of this dish, and it is said that when a negro leaves for some other country, he takes with him a large bag of the little red beans, almost enough in fact to last a lifetime.

BAKED BANANAS

Cover the inside of a fireproof dish with batter and sprinkle over it a quarter of a pound of Demerara sugar. Peel six bananas and place them in the dish again, sprinkling freely with sugar. Bake in a fairly hot oven for about twenty minutes. The correct way of serving this dish is with cocoanut milk, but as this is not easy to obtain, the following sauce will be found a good substitute :—

Melt two ounces of butter in a saucepan and put in one pint of milk. When nearly boiling, add sufficient sugar to sweeten the milk and three eggs well beaten. Bring very slowly to

boiling point, stirring instantly. Place the saucepan on a cooler part of the stove where the heat is just sufficient to keep the contents hot. Put in four pieces of cocoanut about the size of a matchbox and let all stand for a quarter of an hour. Remove the pieces of cocoanut and serve with the bananas.

SWEET POTATO PONE

One large sweet potato, one tablespoonful of yam or of cocoa, one beaten egg, one tablespoonful of butter, half a cocoanut grated, milk, black pepper, two tablespoonfuls of sugar and water. To the sweet potato, boiled and grated, put a little grated yam or cocoa, the beaten egg, half a cocoanut grated and made into cocoanut milk (or else a little cow's or condensed milk), nutmeg, black pepper and two tablespoonfuls of brown sugar in a half a cup of water. Put in a cake tin and bake like a cake till brown.

Cocoanut milk is made by grating a cocoanut, putting one tablespoonful of water to each nut, and straining the whole through fine muslin. The resulting milky fluid is always called in the West Indies "cocoanut milk" and is used instead of cream with puddings. It can be put on ice when it becomes thick, but must not be kept from one day to the next.

PINEAPPLE SPONGE

Mix together one teacupful of sugar, one small pineapple, juiced and chopped, and one breakfast-cupful of water. Bring to the boil, then simmer for ten minutes. Stir into it a little gelatine

dissolved in water. When nearly cold whip two whites of eggs into it; turn out, and serve with cream.

PLANTAIN TARTS

Take some very ripe plantains, boil them, and let them cool. Then mash them very smooth, sweeten to taste, and also add spice to taste. Then colour the mixture a deep red with the juice of a prickly pear squeezed out; put on thin pastry, fold and bake. (Cochineal would do instead of prickly-pear).

CASHEW CAKES

Cream together half a pound of castor sugar and same quantity of butter. Add two eggs separately, then three quarters of a pound of sifted flour; lastly a handful of chopped cashew nuts. Bake on a tin sheet, dropping pieces about the size of a half-crown and put a whole nut on each. Bake in a hot oven.

ELDER DEMPSTER PUDDING

Make a bread-pudding in the usual way with two eggs, reserving the white of one. Meanwhile peel, slice, and fry two ripe bananas. When the pudding is baked, spread the fried bananas on the top, grate a little nutmeg over them, make a meringue with the reserved egg white, and replace in the oven for the meringue to brown slightly. This is nicest eaten with cocoanut cream.

S'KVEITCH FISH

Take about two pounds of cod or any similar fish (the real thing is the famous mud-fish, which is not easy to get in Europe; a substitute will be found equally good), and boil it in a *court-bouillon*. When cooked and cold, remove carefully the bones and skin, and place the flesh in layers in a deep serving dish.

After each layer put in the following ingredients: a few very thin slices of onion and sweet peppers, a little red pepper, one or two cloves, a bay-leaf, salt and freshly-ground pepper; also a few drops of the best olive oil. When the dish is ready, pour over the layers of fish a glassful of wine vinegar. It should stand for quite two hours, when it is ready for the appreciation of the guests.

PEPPER-POT

This dish is given here *à titre de curiosité*. Very likely it will not be of any use to Londoners, but it used to be a typical West Indian dish. One does not come across it very often now even in Jamaica, probably because people are not equal to the effort. There is no harm in trying.

Take a small quantity each of kale, callalu, okroes, beef and salt pork; a few tomatoes, one white coco, one "country pepper," thyme, skellion and onion to taste; fresh meat bones. Put all on with two quarts water, having tied the callalu and kale together. When they are boiled tender rub them through a colander and return to the pot. Strain before serving. Shrimps or black crabs may be boiled with this. (Callalu is really spinach, and there are several kinds native

to the country; "country pepper" is the real article with the "pep" in it. It is so called to distinguish it from black pepper. Kale is another edible leaf.)

Of this dish, it may be said, as the author of the *Cuisinier Impèrial*, full of the finer traditions, puts it, that "*quelques personnes aiment ce plat, qui est de fantaisie.*"

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